

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-07:45	Keiser Cycling	HEC	Spin Studio	
09:30-10:00	Introduction to Body Balance	HOL	Mind & Body	
10:00-10:45	Aerobics	HEC	Studio 1	*
10:00-10:45	Keiser Cycling	HEC	Spin Studio	*
10:00-11:00	Body Balance	HOL	Mind & Body	*
10:45-11:30	Boot Camp	HEC	Studio 1	*
11:30-12:15	Aqua	SCC	Pool	S
13:00-14:15	Yoga	HOL	Mind & Body	*
17:15-17:45	Abs & Stretch	SCC	Mind & Body	*
17:30-18:15	Body Attack	HEC	Studio 1	*
17:45-18:30	Keiser Cycling	HEC	Spin Studio	
18:15-19:00	Step	SCC	Studio 1	
18:30-19:15	Keiser Cycling	HEC	Spin Studio	
18:30-19:15	Introduction to Pilates	HOL	Mind & Body	
19:15-20:00	Pilates	HOL	Mind & Body	
19:15-20:15	Circuits	HEC	Studio 1	
20:00-20:45	Keiser Cycling	HEC	Spin Studio	
20:30-21:30	Pole Fit		Mind & body	CE

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-07:45	Keiser Cycling	HEC	Spin Studio	
10:00-10:45	Keiser Cycling & Abs	HEC	Spin Studio	*
10:00-11:00	Body Step	HEC	Studio 1	*
10:30-11:30	Body Vive	SCC	Mind & Body	
11:00-11:45	Body Sculpt	SCC	Studio 1	
12:00-13:00	Group Exercise Welcome	OTC	Lloyd Room	
12:00-12:45	Aqua	SCC	Pool	S
13:00-13:45	Pilates	HOL	Mind & Body	*
17:30-18:00	Introduction to Body Balance	HOL	Mind & Body	*
18:00-19:00	Circuits	HEC	Studio 1	*
18:00-19:00	Body Balance	HOL	Mind & Body	*
18:15-19:00	Keiser Cycling	HEC	Spin Studio	
18:30-19:30	Running Club	OTC	Reception	A
19:00-20:00	Cardio Conditioning	HEC	Studio 1	
19:00-20:15	Yoga	HOL	Mind & Body	
19:15-20:15	Group Exercise Welcome	OTC	Lloyd Room	
20:00-21:00	Body Pump	SCC	Studio 1	
20:15-21:15	Pilates	HOL	Mind & Body	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-08:00	Body Pump	SCC	Studio 1	
10:00-10:45	Keiser Cycling	HEC	Spin Studio	*
10:00-11:00	Body Sculpt	SCC	Studio 1	*
10:00-11:15	Senior Conditioning	SCC	Mind & Body	S
11:00-11:45	Introduction to Pilates	HOL	Studio 1	
11:15-12:00	Body Attack	HEC	Mind & Body	
11:45-12:30	Pre & Post Natal Aqua	SCC	Pool	
13:30-14:15	Abs & Back	SCC	Mind & Body	*
17:45-18:45	Body Pump	SCC	Studio 1	
18:00-18:45	Keiser Cycling	HEC	Spin Studio	*
18:00-19:00	Body Step	HEC	Mind & Body	*
18:15-19:00	Lose & Shape Up	Otc	Lloyd Room	C £
18:30-19:30	Boot Camp	HEC	Sports Hall	
18:30-19:30	Running Fit Beginners	Otc	Reception	
18:45-19:45	Aerobics	HEC	Studio 1	A
18:45-19:30	Keiser Cycling	HEC	Spin Studio	
19:45-20:30	Triathlon Fit	OTC	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-08:00	Body Pump	SCC	Studio 1	
09:30-10:15	Senior Multi Circuits	HEC	Studio 1	S
09:30-10:15	Pilates	HOL	Mind & Body	
10:00-10:45	Keiser Cycling	HEC	Spin Studio	*
10:15-11:05	Body Attack	HEC	Studio 1	*
10:30-11:15	Aqua	SCC	Pool	S
11:05-12:05	Body Pump	SCC	Studio 1	
12:15-12:50	Abs & Stretch	SCC	Mind & Body	
17:45-18:30	Cardio Conditioning	HEC	Mind & Body	
18:00-18:30	Introduction to Keiser Cycling	HEC	Spin Studio	
18:05-19:05	Body Pump	SCC	Studio 1	*
18:30-19:15	Keiser Cycling	HEC	Spin Studio	
18:30-19:30	Kettle Bell	SCC	Mind & Body	
20:30-21:30	Swim Fit	OTC	Pool	

KEY

- £ Additional fee for this class
- A Advanced class, experience required
- S Designed for senior members
- C Class is part of a course
- * Adult class coincides with children's activity

