

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
10:00 - 10:45	Aerobics	Hec	Studio	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:15 - 10:45	Body Balance Express	Hol	Mind & Body Studio	
10:45 - 11:30	Body Conditioning	Scs	Studio 1	
10:45 - 11:45	Body Balance	Hol	M&B Studio	
11:30 - 12:15	Aqua	Scs	Pool	
13:00 - 14:15	Yoga	Hol	Mind & Body Studio	
17:15 - 17:45	Core Stability	Scs	M&B Studio	
17:40 - 18:25	Body Attack	Hec	Studio 1	
17:45 - 18:30	Group Cycling	Hec	Spin Studio	
18:25 - 19:10	Body Conditioning	Scs	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:15	Pilates Beginners	Hol	Mind & Body Studio	
19:15 - 20:00	Pilates	Hol	Mind & Body Studio	
19:15 - 20:15	Circuits	Hec	Studio	
20:00 - 20:45	Group Cycling	Hec	Spin Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scs	Studio	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:00 - 11:00	Body Conditioning	Scs	Studio 1	
10:00 - 11:00	Senior Conditioning	Scs	M&B Studio	
11:00 - 11:45	Pilates Beginners	Hol	Studio 1	
11:15 - 12:00	Body Attack	Hec	M&B Studio	
11:45 - 12:30	Pre & Post Natal Aqua	Scs	Main Pool	
13:00 - 14:00	Group Exercise Welcome	Otc	Lloyd Rm	
17:45 - 18:45	Body Pump	Scs	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Studio	
18:00 - 19:00	Body Step	Hec	M&B Studio	
18:15 - 19:15	Lose & Shape Up Course	Otc	Lloyd Rm	
18:30 - 19:30	Boot Camp	Hec	Sports H	
18:30 - 19:30	Running Club	Otc	Rec	
18:45 - 19:30	Group Cycling	Hec	Spin Studio	
18:45 - 19:45	Aerobics	Hec	Studio 1	
19:30 - 20:30	Kettle Bell	Scs	M&B Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:00 - 11:00	Body Step	Hec	Studio 1	
11:00 - 11:45	Body Conditioning	Scs	Studio 1	
12:00 - 12:45	Aqua	Scs	Pool	
13:00 - 13:45	Pilates	Hol	Mind & Body Studio	
17:30 - 18:00	Body Balance Express	Hol	Gym Area 1	
18:00 - 19:00	Body Balance	Hol	Mind & Body Studio	
18:00 - 19:00	Circuits	Hec	Studio	
19:00 - 19:45	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Cardio Conditioning	Hec	Studio 1	
19:00 - 20:15	Yoga	Hol	Mind & Body Studio	
19:15 - 20:15	Group Exercise Welcome	Otc	Lloyd Rm	
20:00 - 21:00	Body Pump	Scs	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scs	Studio 1	
09:30 - 10:15	Pilates	Hol	Mind & Body Studio	
09:30 - 10:15	Senior Multi Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:15 - 11:00	Body Attack	Hec	Studio 1	
10:30 - 11:15	Aqua	Scs	Pool	
11:05 - 12:05	Body Pump	Scs	Studio	
12:15 - 12:45	JUKARI Fit to Flex	Otc	M&B Studio	
18:00 - 18:30	Beginners Group Cycling	Hec	Spin Studio	
18:00 - 19:00	Body Pump	Scs	Studio	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:15	Kettle Bell	Scs	M&B Studio	
19:05 - 20:05	Zumba	Dan	Studio 1	
19:45 - 20:30	Pilates	Hol	M&B Studio	

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

