

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Body Conditioning	Scs	Studio 1	
09:35 - 10:30	Groove FX	Dan	Studio 2	
10:30 - 11:15	Group Cycling	Hec	Spin Area	
10:35 - 11:20	Body Attack	Hec	Studio 1	
11:20 - 12:15	Pilates	Hol	Studio 2	
12:15 - 13:45	Hatha Yoga	Hol	Studio 2	
12:30 - 13:15	Aqua	Scs	Main Pool	
18:30 - 18:45	Introduction to Body Pump	Scs	Studio 1	
18:45 - 19:40	Body Conditioning	Scs	Studio 2	
18:45 - 19:40	Body Pump	Scs	Studio 1	
18:45 - 19:40	Group Cycling Advanced	Otc	Spin Area	
19:00 - 19:30	Power Plate	Scs		
19:30 - 20:15	VIPR Taster	Otc	Gym	
19:45 - 20:30	Body Combat	Hec	Studio 1	
19:45 - 20:30	Group Cycling	Hec	Spin Area	
19:45 - 20:40	Body Balance	Hol	Studio 2	
20:00 - 21:00	Master Swim	Otc	Main Pool	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Pump	Scs	Studio 1	
09:20 - 09:35	Introduction to Body Pump	Scs	Studio 1	
09:35 - 10:20	Zumba	Dan	Sports H	
09:35 - 10:30	Body Pump	Scs	Studio 1	
09:45 - 10:30	RPM	Hec	Spin Area	
10:35 - 11:20	Body Combat	Hec	Studio 1	
10:35 - 11:30	Astanga Yoga	Hol	Studio 2	
11:30 - 12:15	Step	Hec	Studio 3	
12:30 - 13:25	Vinyasa Yoga	Hol	Studio 2	
16:30 - 17:15	Body Conditioning	Scs	Studio 1	
18:45 - 19:30	Aqua	Scs	Main Pool	
18:45 - 19:30	Functional Conditioning	Scs	Studio 1	
19:30 - 20:25	Body Combat	Hec	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
19:30 - 21:30	Lose & Shape Up Follow On	Otc	Meeting Rm	£
19:30 - 21:30	Lose & Shape Up Follow On	Otc	Meeting Rm	£
19:30 - 21:30	Lose & Shape Up Follow On	Otc	Meeting Rm	£
20:30 - 21:15	Zumba	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	VIPR Taster	Otc	Ind Crt 4	
09:35 - 10:30	Body Attack	Hec	Studio 1	
09:35 - 10:30	Body Conditioning	Scs	Studio 2	
09:35 - 10:30	Mother & Baby	Otc	Kids Zone	
10:35 - 11:30	Body Balance	Hol	Studio 1	
10:35 - 11:30	Pre & Post Natal Pilates	Hol	Kids Zone	
10:45 - 11:30	Group Cycling	Hec	Spin Area	
12:30 - 13:15	Aqua	Scs	Main Pool	
13:30 - 14:25	Pilates	Hol	Studio 2	
18:00 - 19:00	Running Club	Otc	Outside	
18:30 - 19:15	Group Cycling	Hec	Cycling Area	
18:30 - 19:25	Body Attack	Hec	Studio 1	
19:00 - 19:45	Aqua Zumba	Dan	Ind Pool	
19:30 - 20:25	Body Pump	Scs	Studio 1	
19:30 - 20:25	Yogalates	Hol	Studio 2	
19:30 - 21:30	Lose & Shape Up Follow On	Otc	Meeting Rm	
20:00 - 21:00	Master Swim	Otc	Main Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Spin Area	
09:35 - 10:30	Body Combat	Hec	Studio 1	
09:35 - 10:30	Body Conditioning	Scs	Studio 2	
10:35 - 11:05	Group Cycling	Hec	Cycling Area	
10:35 - 11:30	Astanga Yoga	Hol	Studio 2	
10:35 - 11:30	Body Pump	Scs	Studio 1	
12:00 - 12:55	Pilates	Hol	Studio 2	
19:00 - 19:45	RPM	Hec		
19:00 - 19:55	Zumba	Dan	Studio 1, 2	
19:30 - 20:25	Multi Circuits	Hec	Sports H	
20:00 - 20:55	Pilates	Hol	Studio 2	

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

