

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Keiser Cycling	Hec	Studio 3	
09:00-09:45	RPM	Hec	Studio 3	
09:30-10:25	Salsa Aerobics	Dan	Studio 1	
09:30-10:30	Senior Conditioning	Scs	Studio 2	
09:45-10:30	RPM	Hec	Studio 3	
10:30-11:15	RPM	Hec	Studio 3	
10:30-11:25	Body Sculpt	Scs	Studio 1	
10:30-11:30	Yoga	Hol	Studio 2	
11:30-12:30	Body Pump	Scs	Studio 2	
11:30-12:30	Pilates	Hol	Studio 2	
11:45-12:30	Aqua	Scs	Pool	
18:30-19:15	Body Sculpt	Scs	Studio 1	
19:00-19:30	Adult Swim	Otc	Pool	£
19:00-20:00	Body Combat	Hec	Studio 2	
19:00-20:00	Training Club	Otc	Gym	
19:15-20:00	Latin Fit	Otc	Studio 1	
19:30-20:00	Master Swim	Otc	Pool	
19:30-20:15	RPM	Hec	Studio 3	
20:00-21:00	Body Pump	Scs	Studio 1	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30-10:15	RPM	Hec	Studio 3	
09:30-10:30	Circuits	Hec	Studio 1	
09:45-11:30	Yoga	Hol	Studio 2	
10:30-11:00	Mother & Baby	Otc	Pool	£
10:30-11:15	RPM	Hec	Studio 3	
10:30-11:30	Abs & Stretch	Scs	Studio 1	
11:00-11:30	Senior Conditioning	Scs	Studio 1	
12:00-13:00	Pilates	Hol	Studio 2	
12:00-13:00	YogaMoves	Hol	Studio 1	
18:00-19:00	Body Combat	Hec	Studio 2	
19:00-19:30	Introduction to Body Pump	Scs	Gym	
19:00-19:45	Aerobics	Hec	Studio 1	
19:15-20:15	Keiser Cycling	Hec	Studio 3	
19:45-20:30	Conditioning	Scs	Studio 1	
19:45-20:30	Pilates	Hol	Studio 2	
19:45-20:45	Group Exercise Welcome	Otc	Club Room	
20:00-20:45	Aqua	Scs	Pool	
20:30-21:30	Running Club	Otc	Gym	
20:30-21:30	Yoga	Hol	Studio 2	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30-09:30	Adult Swim	Otc	Studio 1	£
09:00-09:45	Cardio Conditioning	Hec	Studio 2	
09:30-10:15	RPM	Hec	Studio 3	
09:30-10:30	Step	Hec	Studio 2	
09:45-10:30	Total Body Workout	Hec	Studio 1	
10:00-11:00	Aqua	Scs	Pool	
10:30-11:15	RPM	Hec	Studio 3	
10:30-11:30	Boxercise	Hec	Studio 2	
10:30-11:30	Body Pump	Scs	Studio 1	
11:00-12:00	Training Club	Otc	Gym	
11:30-12:30	Yoga	Hol	Studio 2	
11:45-12:45	Group Exercise Welcome	Otc	Studio 2	
12:30-13:30	Body Balance	Hol	Club Room	
17:30-18:30	Pilates	Hol	Studio 2	
18:45-19:15	Aerobics	Hec	Studio 1	
19:00-20:00	Boxercise	Hec	Studio 2	
19:15-20:15	Body Pump	Scs	Studio 2	
19:30-20:15	RPM	Hec	Studio 3	
19:30-20:00	Lose & Shape Up	Otc	Gym	£
20:30-21:45	Circuits	Hec	Studio 1	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30-07:15	RPM	Hec	Studio 3	
09:30-10:15	RPM	Hec	Studio 3	
09:30-10:30	Body Sculpt	Scs	Studio 1	
09:45-10:30	Aerobics	Hec	Studio 2	
10:30-11:15	RPM	Hec	Studio 3	
10:30-11:30	Body Pump	Scs	Studio 1	
10:30-11:30	Stretch & Tone	Scs	Studio 2	
18:30-19:30	Body Pump	Scs	Studio 1	
19:00-20:00	Pilates	Hol	Studio 2	
19:30-20:00	Lose & Shape Up	Otc	Gym	£
19:30-20:15	RPM	Hec	Studio 3	
19:30-20:30	Urban Funk	Dan	Studio 1	
20:00-21:00	Boxercise	Hec	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

