



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
09:35 - 10:35	Cardio Conditioning	Hec	Studio - Part A	
18:30 - 19:30	Step	Hec	Studio 1	
19:30 - 20:30	Group Cycling	Hec	Spin Studio	
20:00 - 21:30	Karate	Hec	Creche - Part A	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:35 - 09:35	Pilates	Hol	Studio	
09:35 - 10:35	Step	Hec	Studio	
10:30 - 11:30	Salsa Aerobics	Dan	Studio 1	
18:00 - 19:00	Body Pump	Scs	Studio	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Legs, Bums & Tums	Scs	Studio	
19:00 - 20:00	Running Club	Otc	Outside	
19:00 - 20:00	Yoga	Hol	Func Rm	
19:15 - 20:00	Group Cycling	Hec	Spin Studio	
20:15 - 21:15	Circuits	Hec	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Aqua	Scs	Ind Pool	
09:35 - 10:20	Core Stability	Scs	Gym Area 1	
09:35 - 10:35	Body Combat	Hec	Studio	
10:30 - 11:30	Circuits	Hec	Gym	
10:35 - 11:35	Body Pump	Scs	Studio	
11:35 - 12:35	Yoga	Hol	Studio	
18:30 - 19:30	Body Balance	Hol	Studio	
19:30 - 20:25	Boxing Circuit	Otc	Studio	
19:30 - 20:30	Group Exercise Welcome	Otc	Lounge	
20:00 - 21:00	Swimming Club	Otc	Ind Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:35	Body Conditioning	Scs	Studio	
10:35 - 11:35	Body Balance	Hol	Studio	
11:35 - 12:35	Legs, Bums & Tums	Scs	Studio 1	
18:30 - 19:30	Body Pump	Scs	Studio	
19:00 - 20:00	Power Walking	Hec	Outside	
19:30 - 20:15	Group Cycling	Hec	Spin Studio	
19:30 - 20:30	VIPR Course	Otc	Studio 1	£
20:00 - 21:00	Ju-jitsu	Hec		
20:30 - 21:30	Pilates	Hol	Studio	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	JUKARI Fit to Flex	Otc	Studio	
09:35 - 10:20	Aqua	Scs	Ind Pool	
09:35 - 10:20	Core Stability	Scs	Gym Area 1	
09:35 - 10:35	Aerobics	Hec	Studio	
10:35 - 11:30	Body Pump	Scs	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:00	Swimming Club	Otc	Ind Pool	
08:15 - 09:15	Circuits	Hec	Studio	
09:30 - 10:30	Legs, Bums & Tums	Scs	Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
10:30 - 11:25	Zumba	Dan	Studio	
10:35 - 11:20	Group Cycling	Hec	Spin Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:35	Body Combat	Hec	Studio	
10:30 - 11:15	Group Cycling	Hec	Spin Studio	
10:35 - 11:35	Body Pump	Scs	Studio	
11:35 - 12:35	Body Balance	Hol	Studio	

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):

High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):

Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):

Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scs):

Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):

A range of classes to help you enjoy exercise anytime.

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