

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio 1	
07:00 - 07:45	RPM Express	Hec	Studio 3	
10:00 - 10:55	Circuits	Hec	Studio 1	
10:00 - 10:55	Legs, Bums and Tums	Scs	Studio 2	
10:30 - 11:00	Group Exercise Welcome	Otc	Club Rm	
11:00 - 11:45	Senior Conditioning	Scs	Studio 2	
11:00 - 12:00	Cardio Conditioning	Hec	Studio 1	
12:00 - 12:45	Aqua	Scs	Main Pool	
12:30 - 13:15	Body Pump Express	Scs	Studio 1	
13:00 - 13:55	Pilates	Hol	Studio 2	
17:00 - 17:45	Power Plate Taster	Otc	Lower Gym	
17:30 - 18:00	Abs & Back	Scs	Studio 2	
18:00 - 18:45	Body Conditioning	Scs	Studio 2	
18:00 - 18:45	RPM Express	Hec	Studio 3	
18:00 - 18:45	Zumba	Dan	Studio 1	
18:30 - 19:30	Lose & Shape Up	Otc	Lounge	£
18:45 - 19:00	Introduction to Body Pump	Scs	Studio 1	
19:00 - 19:30	Group Exercise Welcome	Otc	Club Rm	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 19:55	Body Pump	Scs	Studio 1	
20:00 - 20:55	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Studio	
07:00 - 07:55	Circuits	Hec	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Cycling Studio	
10:00 - 10:45	Body Conditioning	Scs	Studio 2	
10:00 - 10:45	Zumba	Dan	Studio 1	
10:45 - 11:30	Body Balance Express	Hol	Studio 2	
11:00 - 11:55	Aerobics	Hec	Studio 1	
11:30 - 13:00	Hatha Yoga	Hol	Studio 2	
12:00 - 12:30	Senior Conditioning	Scs	Lower Gym	
13:00 - 13:55	Senior Club	Otc	Ind Crt 1	
14:00 - 14:55	Senior Club	Otc	Ind Crt 1	
17:00 - 17:30	Functional Conditioning	Scs	Studio 2	
17:30 - 18:00	Fit Zone	Otc	Studio 2	
17:45 - 18:40	Body Pump	Scs	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycling Studio	
18:00 - 18:45	ViPR Taster	Otc	Stretch Area	
18:00 - 18:55	Boxing Circuit	Otc	Mind & Body Studio	
19:00 - 19:55	Body Combat	Hec	Studio 1	
20:00 - 20:55	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM Express	Hec	Studio 3	
09:30 - 10:25	Body Combat	Hec	Studio 2	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:30 - 11:25	Aerobics	Hec	Studio 1	
10:30 - 11:25	Yoga	Hol	Studio 2	
10:35 - 11:20	RPM Express	Hec	Cycle Studio	
11:30 - 12:15	Aqua	Scs	Pool	
12:30 - 13:15	Multi Circuits	Hec	Studio 1	
17:30 - 18:00	Abs & Back	Scs	Studio 2	
18:00 - 18:45	Power Plate Taster	Otc	Lower Gym	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:00 - 19:00	Lose & Shape Up Follow On	Otc	Lounge	£
18:05 - 19:00	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Body Jam	Dan	Studio 1	
19:00 - 19:55	Hour of Power	Hec	Studio 2	
20:00 - 20:55	Pilates	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Balance Express	Hol	Studio 2	
09:30 - 10:25	Body Pump	Scs	Studio 1	
09:30 - 10:25	Circuits	Hec	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Cycling Studio	
10:30 - 11:15	Body Attack Express	Hec	Studio 1	
10:30 - 11:15	Step	Hec	Studio 2	
11:15 - 11:45	JUKARI Fit to Flex	Otc	Main Studio	
11:30 - 12:15	Senior Multi Circuits	Hec	Mind & Body Studio	
13:00 - 13:55	Pilates	Hol	Studio 2	
16:45 - 17:40	Pre & Post Natal	Otc	Studio 2	
18:00 - 18:45	RPM Express	Hec	Cycle Studio	
18:00 - 18:55	Body Combat	Hec	Studio 2	
18:00 - 18:55	Circuits	Hec	Studio 1	
19:00 - 19:55	Body Pump	Scs	Studio 1	
19:05 - 20:00	Body Balance	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

