



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Pump	Sc	Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Area	
10:00 - 10:45	Aqua	Sc	Pool	
10:30 - 11:00	Core Stability	Sc	Gym Area 1	
10:35 - 11:30	Zumba	Dan	Studio 1	
11:30 - 12:25	Tai Chi	Hol	Studio	
12:45 - 13:30	Body Vive Express	Sc	Studio 1	
17:30 - 18:00	Abs & Back	Sc	Gym Area 1	
17:55 - 18:50	Hatha Yoga	Hol	Studio 2	
18:00 - 18:30	Core Stability	Sc	Gym Area 1	
18:00 - 18:30	Suspension Training Taster	Otc	Studio 4	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:00 - 19:00	RPM	Hec	Gym	
18:30 - 19:00	Ski Fit	Otc	Gym Area 1	
19:00 - 19:45	Circuits	Hec	Gym Area 2	
19:00 - 19:55	Legs, Bums and Tums	Sc	Studio 2	
19:00 - 19:55	Running Club	Otc		
19:00 - 21:00	Lose & Shape Up	Otc	Func Rm	£
19:10 - 19:55	Body Attack Express	Hec	Studio	
20:05 - 21:00	Body Balance	Hol	Studio 2	
20:05 - 21:00	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:25	Body Balance	Hol	Studio	
10:30 - 11:15	Circuits	Hec	Gym Area 1	
10:30 - 11:25	Senior Conditioning	Sc	Studio	
11:30 - 12:25	Pilates	Hol	Studio 1	
12:45 - 13:30	Post Natal course	Hol	Studio 1	
18:00 - 18:30	Abs & Back	Sc	Gym Area 1	
18:00 - 18:30	Group Cycling	Hec	Gym 1	
18:00 - 18:55	Pilates Beginners	Hol	Studio 2	
18:00 - 19:00	Body Pump	Sc	Studio	
18:30 - 19:00	Kettle Bell	Sc	Gym Area 2	
19:00 - 19:45	RPM	Hec	Gym 1	
19:00 - 19:55	Body Vive	Sc	Studio 2	
19:00 - 19:55	Boot Camp	Hec	Gym Area 1	
19:00 - 20:00	Boot Camp	Hec	Gym Area 2	
19:00 - 20:00	Master Swim	Otc	Ind Pool	
19:00 - 21:00	Lose & Shape Up	Otc	Func Rm	£
19:05 - 20:00	Body Attack	Hec	Studio	
20:00 - 21:00	Lose & Shape Up Follow On	Otc	Gym	£
20:05 - 21:00	Hatha Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Sc	Studio 1	
09:30 - 10:00	Suspension Training Taster	Otc	Gym Area 1	
09:30 - 10:25	Body Conditioning	Sc	Studio 1	
10:30 - 11:15	ViPR Taster	Otc	Gym Area 1	
10:35 - 11:05	Introduction to RPM	Hec	Spin Area	
10:35 - 11:30	Body Balance	Hol	Studio 1	
11:35 - 12:30	Hatha Yoga	Hol	Studio 1	
12:45 - 13:30	Body Pump Express	Sc	Studio 1	
17:15 - 18:00	Pre & Post Natal	Otc	Studio 1	
18:00 - 18:45	Power Plate Circuits	Otc	Gym Area 1	
18:00 - 18:55	Dance Fit	Otc	Studio 1	
18:30 - 19:15	Lose & Shape Up Seminar	Otc	Meeting Rm	
19:05 - 19:35	Group Cycling	Hec	Gym 1	
19:05 - 20:00	Body Combat	Hec	Studio 1	
19:15 - 20:00	Aqua	Sc	Pool	
20:15 - 21:00	Zumba	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Gym	
09:30 - 10:25	Salsa Aerobics	Dan	Studio 1	
10:00 - 10:45	Aqua	Sc	Pool	
10:30 - 11:00	Abs & Back	Sc	Gym Area 1	
10:30 - 11:25	Step	Hec	Studio 1	
11:35 - 12:30	Pilates Beginners	Hol	Studio 1	
12:45 - 13:15	Core Stability	Sc	Studio 1	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:00 - 20:00	Triathlon Class	Otc		
18:30 - 19:15	ViPR Taster	Otc	Gym Area 1	
19:00 - 19:45	Group Cycling	Hec	Cycling Area	
19:00 - 19:55	Body Pump	Sc	Studio 1	
19:05 - 20:00	Body Balance	Hol	Studio 2	
20:05 - 21:00	Hatha Yoga	Hol	Studio 2	
20:10 - 21:05	Pilates	Hol	Studio 1	

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

