

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Conditioning	Sc	Dance Studio	
09:30 - 10:15	Keiser Cycling	Hec	Spin Studio	
10:00 - 11:00	Body Conditioning	Sc	Dance Studio	
10:00 - 11:00	Yoga	Hol	Mind & Body	
11:00 - 11:45	Ballet Fit	Otc	Mind & Body	
11:00 - 11:45	Row Fit	Otc	Rowing Studio	
13:45 - 14:30	Pre & Post Natal Aqua	Sc	Indoor Pool	£
14:00 - 15:00	Aerobics	Hec	Dance Studio	
17:00 - 17:45	Family Cycle	Hec	Spin Studio	
18:30 - 19:15	Keiser Cycling	Hec	Spin Studio	
18:30 - 19:30	Core Stability	Sc	Mind & Body	
19:00 - 20:00	Body Pump	Sc	Dance Studio	
19:30 - 20:15	Aqua	Sc	Indoor Pool	
19:30 - 20:15	Keiser Cycling	Hec	Spin Studio	
19:30 - 20:30	Hatha Yoga	Hol	Mind & Body	
20:00 - 21:00	Body Combat	Hec	Dance Studio	
20:30 - 21:30	Pilates Beginners	Hol	Mind & Body	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Multi Circuits	Hec	Dance Studio	
09:15 - 10:15	Body Pump	Sc	Dance Studio	
10:00 - 10:45	Keiser Cycling	Hec	Spin Studio	
10:30 - 11:30	Pilates Beginners	Hol	Mind & Body	
11:00 - 11:45	Keiser Cycling	Hec	Spin Studio	
11:30 - 12:30	Body Pump	Sc	Dance Studio	
12:00 - 12:45	Back Care Fit	Otc	Mind & Body	C
13:00 - 14:00	Yoga	Hol	Mind & Body	
13:30 - 14:15	Aqua	Sc	Indoor Pool	
17:15 - 18:00	Back Care Fit	Otc	Dance Studio	C
18:00 - 18:30	Abs & Back	Sc	Mind & Body	
18:30 - 19:15	Keiser Cycling	Hec	Spin Studio	
18:30 - 19:30	Legs, Bums & Tums	Sc	Dance Studio	
18:30 - 19:30	Yoga	Hol	Mind & Body	
19:15 - 20:00	Aqua	Sc	Indoor Pool	
19:30 - 20:30	Pilates	Hol	Mind & Body	
19:30 - 20:30	Body Jam	Dan	Dance Studio	
19:30 - 21:30	Lose & Shape Up	Otc	Function Room	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Keiser Cycling	Hec	Spin Studio	
09:00 - 10:00	Body Pump	Sc	Dance Studio	
10:00 - 11:00	Body Attack	Hec	Dance Studio	
10:00 - 11:00	Running Club	Otc	Reception	
10:00 - 11:00	Body Balance	Hol	Mind & Body	
11:00 - 12:00	Senior Conditioning	Sc	Mind & Body	
12:00 - 13:00	Yoga	Hol	Mind & Body	
13:00 - 14:00	Pilates	Hol	Mind & Body	
13:30 - 14:15	Aqua	Sc	Indoor Pool	
17:30 - 18:15	Beginners Group Cycling	Hec	Spin Studio	
18:00 - 19:00	Yoga	Hol	Mind & Body	
18:00 - 18:30	Abs & Back	Sc	Dance Studio	
18:30 - 19:15	Keiser Cycling	Hec	Spin Studio	
18:30 - 19:15	Boxercise	Hec	Dance Studio	
19:00 - 20:00	Pilates	Hol	Mind & Body	
19:30 - 20:30	Multi Circuits	Hec	Dance Studio	
20:00 - 21:00	Swim Fit	Otc	Indoor Pool	
20:30 - 21:30	Legs, Bums & Tums	Sc	Dance Studio	
20:30 - 21:30	Group Exercise Welcome	Otc	Mind & Body	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Keiser Cycling	Hec	Spin Studio	
09:00 - 10:00	Body Pump	Sc	Dance Studio	
09:30 - 10:15	Aqua	Sc	Indoor Pool	
10:00 - 10:45	Senior Conditioning	Sc	Mind & Body	
10:00 - 11:00	Running Club	Otc	Reception	
10:00 - 11:00	Body Combat	Hec	Dance Studio	
11:00 - 12:00	Hatha Yoga	Hol	Mind & Body	
11:10 - 11:55	Row Fit	Otc	Rowing Studio	
11:15 - 12:00	Salsa Dancing	Dan	Dance Studio	
12:00 - 12:45	Ballet Fit	Otc	Mind & Body	
18:30 - 19:15	Keiser Cycling	Hec	Spin Studio	
18:30 - 19:30	Body Pump	Sc	Dance Studio	
19:00 - 20:00	Pilates	Hol	Mind & Body	
19:00 - 20:00	Swim Fit	Otc	Indoor Pool	
19:30 - 20:30	Street Dance	Dan	Dance Studio	
19:30 - 20:30	Keiser Cycling & Abs	Hec	Spin Studio	
20:30 - 21:15	Body Combat	Hec	Dance Studio	

**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

