

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Pump	Sc	Studio 2	
10:00 - 10:55	Body Conditioning	Sc	Studio 2	
10:00 - 11:00	Yoga	Hol	Studio 1	
10:15 - 11:15	Power Walking	Hec		
11:00 - 11:45	Row Fit	Otc	Rowing Studio	
14:00 - 15:00	Body Conditioning	Sc	Studio 2	
18:30 - 19:00	TRX Taster	Otc	Gym	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
18:30 - 19:30	Core Stability	Sc	Studio 1	
18:45 - 19:30	Zumba	Dan	Bad Crt 1	
19:00 - 20:00	Body Pump	Sc	Studio 2	
19:30 - 20:15	Aqua	Sc	Ind Pool	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
19:30 - 20:30	Yoga	Hol	Studio 1	
19:45 - 20:45	Boot Camp	Hec	Rec	
20:00 - 21:00	Body Combat	Hec	Studio 2	
20:30 - 21:30	Pilates Beginners	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
09:00 - 10:00	Body Pump	Sc	Studio 2	
10:00 - 10:55	Body Attack	Hec	Studio 2	
10:00 - 10:55	Body Balance	Hol	Studio 1	
10:00 - 11:00	Running Club	Otc	Rec	
11:00 - 11:45	Senior Conditioning	Sc	Studio 1	
12:00 - 13:00	Yoga	Hol	Studio 1	
13:00 - 14:00	Pilates	Hol	Studio 1	
13:30 - 14:15	Aqua	Sc	Ind Pool	
17:30 - 18:15	Group Cycling	Hec	Cycling Studio	
18:00 - 19:00	Yoga	Hol	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
18:30 - 19:25	Boxercise	Hec	Studio 2	
19:00 - 20:00	Lose & Shape Up Course	Otc	Func Rm	£
19:00 - 20:00	Pilates	Hol	Studio 1	
19:30 - 20:30	Circuits	Hec	Dance Studio	
20:00 - 20:45	JUKARI Fit to Flex	Otc	Mind & Body Studio	
20:30 - 21:30	Legs, Bums and Tums	Sc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio 2	
09:15 - 10:15	Body Pump	Sc	Studio 2	
10:00 - 10:45	Group Cycling	Hec	Cycling Studio	
10:15 - 11:10	Step	Hec	Studio 2	
10:30 - 11:30	Pilates Beginners	Hol	Studio 1	
11:30 - 12:30	Body Pump	Sc	Studio 2	
11:45 - 12:30	Aqua	Sc	Ind Pool	
13:00 - 14:00	Yoga	Hol	Studio 1	
18:00 - 18:30	Abs & Back	Sc	Studio 1	
18:00 - 18:30	Power Plate Taster	Otc	Gym	
18:30 - 19:00	VIPR Taster	Otc	Gym	
18:30 - 19:30	Yoga	Hol	Studio 1	
19:00 - 20:00	Legs, Bums and Tums	Sc	Studio 2	
19:15 - 20:00	Aqua	Sc	Ind Pool	
19:30 - 20:30	Lose & Shape Up Course	Otc	Club Rm	£
19:30 - 20:30	Pilates	Hol	Studio 1	
20:00 - 21:00	Boxing Circuit	Otc	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
09:00 - 10:00	Body Pump	Sc	Studio 2	
09:30 - 10:15	Aqua	Sc	Ind Pool	
10:00 - 10:45	Senior Conditioning	Sc	Studio 1	
10:00 - 11:00	Body Combat	Hec	Studio 2	
10:00 - 11:00	Running Club	Otc	Rec	
11:00 - 12:00	Yoga	Hol	Studio 1	
11:10 - 11:55	Row Fit	Otc	Rowing Studio	
11:30 - 12:15	Zumba	Dan	Bad Crt 1-4	
12:15 - 13:00	Ballet Fusion	Dan	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
18:30 - 19:30	Body Pump	Sc	Studio 2	
18:30 - 19:30	Group Exercise Welcome	Otc	Club Rm	
19:30 - 20:25	Body Balance	Hol	Mind & Body Studio	
19:30 - 20:25	Street Dance	Dan	Studio 2	
19:30 - 20:30	Group Cycling	Hec	Cycling Studio	
20:30 - 21:15	Body Combat	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

