

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	Pre & Post Natal	Otc	Gym Area 1	
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:30	Body Pump	Scs	Studio 1	
10:00 - 10:45	Aqua	Scs	Ind Pool	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:30 - 11:30	Step	Hec	Studio 1	
11:00 - 11:30	Lose & Shape Up Seminar	Otc		
11:00 - 11:45	Core Stability	Scs	Studio 2	
11:30 - 12:25	Body Balance	Hol	Studio 1	
12:30 - 13:30	Zumba	Dan	Studio 1	
13:30 - 14:30	Line Dancing	Dan	Studio 1	
18:30 - 19:25	Body Balance	Hol	Studio 2	
18:30 - 19:30	Body Conditioning	Scs	Studio 1	
18:45 - 19:30	RPM	Hec	Cycling Area	
19:15 - 20:00	Aqua	Scs	Ind Pool	
19:30 - 20:25	Body Combat	Hec	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:00 - 20:45	Ski Fit	Otc	Gym Area 1	
20:00 - 21:00	Pole Dance	Dan	Cycle Studio	£
20:30 - 22:00	Hatha Yoga	Hol	Studio 2	
21:00 - 22:00	Pole Dance	Dan	Cycling Studio	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Studio 1	
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:30 - 10:30	Lose & Shape Up	Otc	Meeting Rm	£
09:30 - 10:30	Lose & Shape Up	Otc	Meeting Rm	£
10:00 - 10:45	Aqua	Scs	Ind Pool	
10:30 - 11:30	Body Pump	Scs	Studio 1	
10:30 - 12:00	Hatha Yoga	Hol	Studio 2	
11:30 - 12:30	Body Jam	Dan	Studio 1	
18:30 - 19:00	Lose & Shape Up Seminar	Otc		
18:30 - 19:15	Body Pump	Scs	Studio 1	
19:30 - 20:15	RPM	Hec	Cycling Area	
19:30 - 20:25	Pilates	Hol	Studio 2	
19:30 - 20:30	Circuits	Hec	Studio 1	
19:30 - 20:30	Running Club	Otc		
20:30 - 21:30	Zumba	Dan		

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:30	Group Cycling	Hec	Cycling Studio	
09:00 - 09:45	Ski Fit	Otc	Gym Area 1	
09:15 - 09:30	Introduction to Body Pump	Scs	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scs	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Attack	Hec	Studio 1	
11:00 - 12:00	Running Club	Otc	Outside	
12:15 - 13:00	Core Stability	Scs	Studio 2	
13:00 - 14:00	Pre & Post Natal	Otc	Studio 2	
18:00 - 18:45	Zumba	Dan	Studio 1	
18:45 - 19:30	Circuits	Hec		
19:15 - 20:10	RPM	Hec	Cycle Studio	
19:30 - 20:15	Aqua	Scs	Ind Pool	
19:30 - 20:30	Body Balance	Hol	Studio 2	
19:30 - 20:30	Body Pump	Scs	Studio 1	
20:00 - 21:00	Lose & Shape Up	Otc	Meeting Rm	£
20:00 - 21:00	Lose & Shape Up	Otc	Meeting Rm	£
20:30 - 21:25	Street Dance	Dan	Studio 1	
20:30 - 21:30	Pole Dance	Dan	Cycle Studio	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:25	Body Conditioning	Scs	Studio 1	
09:30 - 10:30	Lose & Shape Up	Otc	Meeting Rm	£
09:30 - 10:30	Lose & Shape Up	Otc	Meeting Rm	£
09:45 - 10:30	Aqua	Scs	Main Pool	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:30	Circuits	Hec	Gym	
11:00 - 12:30	Hatha Yoga	Hol	Studio 2	
11:30 - 12:30	Zumba	Dan	Studio 1	
12:30 - 13:30	Body Pump	Scs	Studio 1	
18:30 - 19:25	Body Combat	Hec	Studio 1	
19:30 - 20:15	RPM	Hec	Cycling Area	
19:30 - 20:25	Pilates	Hol	Studio 2	
19:30 - 20:30	Body Jam	Dan	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

