

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.55	Multi Circuits	Hec	Studio 2	
09.30-10.10	Swiss Ball	Scs	Studio 2	
09.45-10.25	Keiser Cycling	Hec	Studio 3	
10.00-10.55	Pilates Advanced	Hol	Studio 1	
10.30-11.25	Body Combat	Hec	Studio 2	
11.00-12.10	Ashtanga Yoga	Hol	Studio 1	
11.30-12.10	Legs, Bums & Tums	Scs	Studio 2	
12.15-13.10	Tai Chi	Hol	Studio 1	
13.15-14.10	Tai Chi	Hol	Studio 1	
17.00-17.25	Group Exercise Welcome	Otc	Reception	
18.00-18.40	Swiss Ball	Scs	Studio 2	
18.15-18.55	Keiser Cycling	Hec	Studio 3	
18.45-18.55	Introduction to Body Combat	Hec	Studio 2	
19.00-19.55	Body Balance	Hol	Studio 1	
19.00-19.55	Body Combat	Hec	Studio 2	
19.00-19.55	Row Fit	Otc	Studio 3	
19.00-19.55	Swim Fit	Otc	Pool	
19.00-19.55	Lose & Shape Up	Otc	Gym	£ C
20.00-20.40	Keiser Cycling	Hec	Studio 3	
20.00-20.55	Pilates Intermediate	Hol	Studio 1	
20.00-20.55	Body Conditioning	Scs	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.40	Keiser Cycling	Hec	Studio 3	
09.15-09.55	Body Attack	Hec	Studio 2	
09.15-10.25	Ashtanga Yoga	Hol	Studio 1	
10.00-10.55	Body Pump	Scs	Studio 2	
10.30-11.25	Senior Pilates	Hol	Studio 1	
11.00-11.40	RPM	Hec	Studio 3	
11.15-11.55	Swiss Ball	Scs	Studio 2	
11.30-12.25	Pilates Intermediate	Hol	Studio 1	
12.00-12.55	Body Vive	Scs	Studio 2	
13.30-14.40	Iyengar Yoga	Hol	Studio 1	
18.15-18.55	Keiser Cycling	Hec	Studio 3	
18.15-19.10	Body Conditioning	Scs	Studio 2	
18.30-19.55	Power Plate	Scs	Gym	£ C
19.00-19.55	Lose & Shape Up	Otc	Gym	£ C
19.00-19.55	Hatha Yoga	Hol	Studio 1	
19.00-19.55	Swim Fit	Otc	Pool	
19.00-19.25	Power Plate Advanced	Scs	Gym	£ C
19.15-20.10	Body Combat	Hec	Studio 2	
20.00-20.55	Keiser Cycling Advanced	Hec	Studio 3	
20.00-20.55	Boxing Fit	Otc	Studio 1	£ C
20.15-20.40	Boot Camp	Hec	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.55	Tai Chi	Hol	Studio 1	
07.00-07.55	Body Pump	Scs	Studio 2	
09.30-10.25	Body Pump	Scs	Studio 2	
09.45-10.25	Swiss Ball	Scs	Studio 1	
09.45-10.25	Keiser Cycling	Hec	Studio 3	
10.30-11.25	Body Balance	Hol	Studio 1	
10.30-11.25	Body Conditioning	Scs	Studio 2	
11.00-11.40	Aqua	Scs	Pool	
11.30-12.25	Gyrotomics	Hol	Studio 1	
11.30-12.25	Street Dance	Dan	Studio 2	
12.30-13.40	Hatha Yoga	Hol	Studio 1	
18.00-18.55	Body Vive	Scs	Studio 2	
19.00-19.40	Keiser Cycling	Hec	Studio 3	
19.00-19.55	Body Pump	Scs	Studio 2	
19.00-19.55	Stretch & Tone	Scs	Studio 1	
20.00-20.25	Boot Camp	Hec	Studio 1	
20.00-20.40	Step	Hec	Studio 2	
20.30-21.55	Tai Chi	Hol	Studio 1	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.55	Kundalini Yoga	Hol	Studio 1	
07.00-07.40	Boot Camp	Hec	Studio 2	
09.15-09.55	Step	Hec	Studio 1	
09.15-09.55	Swiss Ball	Scs	Studio 2	
09.45-10.25	Keiser Cycling	Hec	Studio 3	
10.00-10.40	Body Conditioning	Scs	Studio 2	
10.15-11.10	Pilates Beginners	Hol	Studio 1	
10.45-11.40	Body Combat	Hec	Studio 2	
11.00-11.40	Aqua	Scs	Pool	
11.15-12.10	Tai Chi	Hol	Studio 1	
12.15-13.40	Hatha Yoga	Hol	Studio 1	
18.15-18.55	Swiss Ball	Scs	Studio 2	
18.30-19.25	Senior Pilates	Hol	Studio 1	
19.00-19.40	Aqua	Scs	Pool	
19.00-19.40	Keiser Cycling	Hec	Studio 3	
19.00-19.40	Salsa Aerobics	Dan	Studio 2	
19.30-20.25	Pilates Advanced	Hol	Studio 1	
19.45-20.40	Body Pump	Scs	Studio 2	
20.30-21.55	Tai Chi	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

