

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Multi Circuits	Hec	Studio 2	
09:15 - 10:00	Boxing Circuit	Otc	Studio 1	
09:30 - 10:15	JUKARI Fit to Flex	Otc	Studio 2	
09:45 - 10:25	Group 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	Astanga Yoga	Hol	Studio 1	
11:30 - 12:25	Zumba	Dan	Studio 2	
12:15 - 13:10	Tai Chi	Hol	Studio 1	
17:00 - 17:30	Group Exercise Welcome	Otc	Rec	
17:30 - 18:15	Boxing Circuit	Otc	Studio 2	
18:15 - 19:00	Multi Circuits	Hec	Studio 2	
18:30 - 19:00	Lose & Shape Up Seminar	Otc	Rec	
18:45 - 19:30	Zone Cycling	Hec	Studio 3	
19:00 - 19:45	Swimming Club	Otc	Pool	
19:00 - 19:55	Body Combat	Hec	Studio 2	
19:00 - 19:55	Stretch & Tone	Scs	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Restaurant	£
20:00 - 20:40	Group Cycling	Hec	Studio 3	£
20:00 - 20:55	Body Conditioning	Scs	Studio 2	
20:00 - 20:55	Pilates	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scs	Studio 2	
09:30 - 10:25	Body Pump	Scs	Studio 2	
09:45 - 10:25	Core Stability	Scs	Studio 1	
09:45 - 10:30	Zone Cycling	Hec	Studio 3	
10:30 - 11:00	Lose & Shape Up Seminar	Otc	Rec	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 11:25	Body Conditioning	Scs	Studio 2	
11:00 - 11:45	Water Works	Otc	Ind Pool	
11:00 - 12:00	Lose & Shape Up	Otc	Restaurant	£
11:30 - 12:40	Hatha Yoga	Hol	Studio 1	
17:30 - 18:25	Hour of Power	Hec	Studio 2	
18:15 - 18:55	Group Cycling	Hec	Studio 3	£
18:30 - 19:00	Abs & Back	Scs	Studio 2	
19:00 - 19:55	Body Pump	Scs	Studio 2	
19:15 - 20:10	Hatha Yoga	Hol	Studio 1	
20:00 - 20:40	Step	Hec	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:40	Group Cycling	Hec	Studio 3	£
09:15 - 10:25	Astanga Yoga	Hol	Studio 1	
09:30 - 10:10	Body Attack	Hec	Studio 2	
10:15 - 11:10	Body Pump	Scs	Studio 2	
10:30 - 11:25	Senior Pilates	Hol	Studio 1	
11:00 - 11:40	RPM	Hec	Studio 3	
11:15 - 12:10	Zumba	Dan	Studio 2	
11:30 - 12:25	Pilates Intermediate	Hol	Studio 1	
12:30 - 13:25	Body Pump	Scs	Studio 2	
13:30 - 14:40	Iyengar Yoga	Hol	Studio 1	
18:15 - 19:00	Total Body Workout	Hec	Studio 2	
18:30 - 19:00	Lose & Shape Up Seminar	Otc	Rec	
19:00 - 19:15	Abs & Back	Scs	Studio 2	
19:00 - 19:45	Swimming Club	Otc	Pool	
19:00 - 19:55	Body Balance	Hol	Studio 1	
19:00 - 19:55	Row Fit	Otc	Studio 3	
19:00 - 20:00	Lose & Shape Up	Otc	Restaurant	£
19:15 - 20:10	Body Combat	Hec	Studio 2	
20:00 - 20:40	Group Cycling	Hec	Studio 3	£
20:15 - 21:10	Zumba	Dan	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:10	Yoga	Hol	Studio 1	
09:15 - 09:55	Core Stability	Scs	Studio 2	
09:45 - 10:25	RPM	Hec	Studio 3	
10:00 - 10:40	Body Conditioning	Scs	Studio 2	
10:00 - 10:55	Pilates	Hol	Studio 1	
10:45 - 11:40	Body Combat	Hec	Studio 2	
11:00 - 11:45	Water Works	Otc	Ind Pool	
11:15 - 12:10	Tai Chi	Hol	Studio 1	
12:15 - 13:25	Hatha Yoga	Hol	Studio 1	
17:15 - 18:00	Family Adidas Zone Cycling	Otc	Cycle Studio	
18:15 - 19:00	Multi Circuits	Hec	Studio 2	
19:00 - 19:40	Body Attack	Hec	Studio 2	
19:00 - 19:40	RPM	Hec	Studio 3	
19:00 - 19:45	Water Works	Otc	Ind Pool	
19:30 - 20:25	Boxing Circuit	Otc	Studio 1	
19:45 - 20:40	Body Pump	Scs	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

