



### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump	Sc	Studio 1	
10:00 - 10:55	Pilates	Hol	Mind & Body Studio	
10:15 - 11:00	RPM	Hec	Cycle Studio	
11:00 - 11:55	Dance Fit	Otc	Mind & Body Studio	
11:00 - 12:00	Pre & Post Natal	Otc	Studio 1	
12:00 - 12:55	Yoga	Hol	Mind & Body Studio	
12:15 - 13:00	Body Attack	Hec	Studio 1	
13:00 - 13:30	Power Plate	Sc	Gym	
13:00 - 14:00	Body Conditioning	Sc	Studio 1	
13:30 - 14:00	Power Plate	Sc	Gym	
18:30 - 19:25	Body Step	Hec	Studio 1	
18:30 - 19:25	Pilates	Hol	Mind & Body Studio	
18:30 - 19:25	RPM	Hec	Cycling Studio	
19:00 - 19:45	Abs & Back	Sc	Gym Area 1	
19:00 - 19:55	Aqua	Sc	Main Pool	
19:30 - 20:15	RPM	Hec	Cycle Studio	
19:35 - 20:30	Body Pump	Sc	Studio 1	
19:35 - 20:35	Body Combat	Hec	Mind & Body Studio	

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Studio	
07:45 - 08:15	Core Stability	Sc	Studio 1	
09:15 - 10:10	Aqua	Sc	Main Pool	
10:00 - 11:00	Body Pump	Sc	Studio 1	
11:00 - 11:45	Multi Circuits	Hec	Studio 1	
11:00 - 11:55	Body Balance	Hol	Mind & Body Studio	
11:00 - 11:55	Pilates	Hol	Gym Area 1	
11:00 - 11:55	Pilates	Hol	Gym Area 1	
12:15 - 13:00	RPM	Hec	Cycle Studio	
12:30 - 13:25	Iyengar Yoga	Hol	Mind & Body Studio	
13:00 - 13:45	ViPR Taster	Otc	Studio 1	
15:00 - 15:55	Boxing Circuit	Otc	Studio 1	
18:00 - 18:30	Core Stability	Sc	Studio 1	
18:00 - 18:30	Power Plate	Sc	Gym	
18:15 - 19:10	Pilates	Hol	Mind & Body Studio	
18:30 - 19:15	Body Attack	Hec	Studio 1	
18:30 - 19:15	RPM	Hec	Cycle Studio	
19:00 - 19:45	Running Club	Otc	Rec	
19:15 - 20:00	Multi Circuits	Hec	Studio 1	
19:15 - 20:10	Astanga Yoga	Hol	Mind & Body Studio	
19:20 - 20:05	Group Cycling	Hec		
20:00 - 20:45	Body Combat	Hec	Studio 1	

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Balance	Hol	Mind & Body Studio	
07:00 - 07:45	Body Pump	Sc	Studio 1	
10:00 - 10:55	Boxing Circuit	Otc	Studio 1	
10:00 - 10:55	Pilates	Hol	Mind & Body Studio	
11:00 - 12:00	Body Conditioning	Sc	Studio 1	
12:15 - 13:00	Body Combat	Hec	Studio 1	
13:15 - 14:00	JUKARI Fit to Flex	Otc	Studio 1	
13:30 - 14:25	Yoga	Hol	Mind & Body Studio	
15:30 - 16:00	Group Exercise Welcome	Otc	Sports Bar	
18:30 - 19:15	RPM	Hec	Cycle Studio	
18:30 - 19:25	Body Balance	Hol	Mind & Body Studio	
18:30 - 19:25	Body Pump	Sc	Studio 1	
19:00 - 19:55	Aqua	Sc	Main Pool	
19:15 - 20:00	RPM	Hec	Cycle Studio	
19:30 - 20:25	Pilates	Hol	Mind & Body Studio	
19:35 - 20:30	Body Attack	Hec	Studio 1	

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
09:15 - 10:00	Aqua	Sc	Main Pool	
10:00 - 10:55	Pilates	Hol	Mind & Body Studio	
10:15 - 11:00	RPM	Hec	Cycle Studio	
11:00 - 11:55	Yoga	Hol	Mind & Body Studio	
12:15 - 13:00	Body Balance	Hol	Mind & Body Studio	
12:15 - 13:00	Body Conditioning	Sc	Studio 1	
13:00 - 13:45	Group Cycling	Hec	Cycling Studio	
13:00 - 13:45	JUKARI Fit to Flex	Otc	Studio 1	
16:00 - 16:45	ViPR Taster	Otc	Studio 1	
17:30 - 18:00	Group Exercise Welcome	Otc	Sports Bar	
18:30 - 19:15	RPM	Hec	Cycle Studio	
18:30 - 19:25	Yoga	Hol	Mind & Body Studio	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:30 - 20:25	Body Balance	Hol	Mind & Body Studio	
20:00 - 20:55	Body Pump	Sc	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

