

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Pilates	Hol	Glory Mill	
09.30-10.30	Group Cycling	Hec	Cycle Studio	
09.30-10.30	Body Attack	Hec	Lifestyle	
10.15-11.00	Aqua	Scs	Pool	
10.30-11.25	Pilates	Hol	Glory Mill	
10.30-11.25	Body Pump	Scs	Lifestyle	
11.30-12.25	Body Balance	Hol	Lifestyle	
12.30-13.25	Body Pump	Scs	Lifestyle	
14.00-14.55	Pilates	Hol	Glory Mill	
18.00-18.55	Pilates	Hol	Glory Mill	
18.00-18.55	Conditioning	Scs	Lifestyle	
19.00-19.55	Step	Hec	Lifestyle	
19.00-19.55	Group Cycling	Hec	Cycle Studio	
19.00-19.55	Aqua	Scs	Pool	
19.00-19.25	Abs & Back	Scs	Glory Mill	
19.30-20.25	Dance with David Lloyd	Dan	Glory Mill	
20.00-21.15	RPM	Hec	Cycle Studio	
20.00-21.15	Ashtanga Yoga	Hol	Lifestyle	
20.30-21.30	Dance with David Lloyd	Dan	Glory Mill	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.25	Body Conditioning	Scs	Lifestyle	
10.30-11.25	Pilates	Hol	Glory Mill	
10.30-11.25	Group Cycling	Hec	Cycle Studio	
10.30-11.15	Aqua	Scs	Pool	
10.30-11.00	Hula	Otc	Lifestyle	
11.00-11.30	Hula	Otc	Lifestyle	
11.30-12.25	Pilates	Hol	Glory Mill	
11.30-12.25	Body Balance	Hol	Lifestyle	
12.30-13.25	Core Stability	Scs	Glory Mill	
12.30-13.25	Body Pump	Scs	Lifestyle	
18.00-18.55	Aerotone	Scs	Lifestyle	
18.00-18.55	Pilates	Hol	Glory Mill	
18.30-19.25	Group Cycling	Hec	Cycle Studio	
19.00-19.55	Body Balance	Hol	Glory Mill	
19.00-19.55	TRX Circuits		Lifestyle	
20.00-21.15	Yoga	Hol	Glory Mill	
20.00-20.30	TRX Techniques		Lifestyle	
20.35-21.30	Salsa Aerobics	Dan	Lifestyle	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-09.25	Group Cycling	Hec	Cycle Studio	
09.30-10.25	Pilates	Hol	Glory Mill	
09.30-10.25	Body Pump	Scs	Lifestyle	
09.30-11.00	Walk Fit	Otc	Outdoor	
10.30-11.00	Hula	Otc	Lifestyle	
11.00-11.50	Senior Conditioning	Scs	Lifestyle	
11.00-11.55	Group Cycling	Hec	Cycle Studio	
12.00-12.55	Body Balance	Hol	Lifestyle	
12.00-12.45	Aqua	Scs	Pool	
12.00-13.15	Iyengar Yoga	Hol	Glory Mill	
13.30-14.25	Pilates	Hol	Glory Mill	
18.00-18.55	Pilates	Hol	Glory Mill	
18.00-18.55	Street Dance	Dan	Lifestyle	
18.00-18.30	Power Plate	Scs	PP Suite	£
18.30-19.25	Group Cycling	Hec	Cycle Studio	
19.00-19.55	Boxing Fit	Otc	Lifestyle	
19.00-19.55	Yoga	Hol	Glory Mill	
20.00-20.55	Pilates	Hol	Glory Mill	
20.00-20.55	Lose & Shape Up	Otc	Lifestyle	£

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.55	Circuits	Hec	Lifestyle	
09.30-10.25	Boxing Fit	Otc	Lifestyle	
09.30-10.25	Core Stability	Scs	Glory Mill	
09.30-10.25	Group Cycling	Hec	Cycle studio	
10.30-11.45	Iyengar Yoga	Hol	Glory Mill	
10.30-11.00	Power Plate	Scs	PP Suite	£
11.00-11.45	Aqua	Scs	Pool	
11.30-12.25	Salsa Fit	Otc	Lifestyle	
12.00-12.55	Pilates	Hol	Glory Mill	
13.00-13.55	Pilates	Hol	Glory Mill	
18.00-18.25	Hula	Otc	Lifestyle	
18.30-18.55	Hula	Otc	Lifestyle	
18.30-19.25	Group Cycling	Hec	Cycle studio	
19.05-20.00	Pilates	Hol	Glory Mill	
19.30-20.25	Body Pump	Scs	Lifestyle	

**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

