

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scs	Studio 1	
10:30 - 11:30	Body Combat	Hec	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:25	RPM	Hec	Cycle Studio	
09:30 - 10:30	Body Conditioning	Scs	Studio 1	
09:30 - 10:30	Yoga	Hol	Studio 2	
10:30 - 11:15	Aqua	Scs	Ind Pool	
10:30 - 11:30	Boxercise	Hec	Studio 1	
17:10 - 18:10	Body Pump	Scs	Studio 1	
18:15 - 19:15	Body Combat	Hec	Studio 1	
18:30 - 19:15	RPM	Hec	Cycle Studio	
19:15 - 20:15	Yoga	Hol	Studio 2	
19:30 - 20:30	Circuits	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Aerobics	Hec	Studio 1	
09:30 - 10:30	Body Balance	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scs	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 2	
17:30 - 18:00	Core Stability	Scs	Studio 1	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:00 - 19:00	Step	Hec	Studio 1	
19:00 - 20:00	Body Pump	Scs	Studio 1	
19:15 - 20:15	Pilates	Hol	Studio 2	
20:05 - 21:05	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:30	Legs, Bums & Tums	Scs	Studio 1	
10:30 - 11:30	Body Combat	Hec	Studio 1	
10:30 - 11:30	Yogalates	Hol	Studio 2	
17:55 - 18:55	Body Pump	Scs	Studio 1	
18:00 - 19:00	Yoga	Hol	Studio 2	
19:10 - 19:55	RPM	Hec	Cycle Studio	
19:15 - 20:15	Circuits	Hec	Studio 1	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:25	RPM	Hec	Cycle Studio	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Boxercise	Hec	Studio 1	
10:30 - 11:30	Body Pump	Scs	Studio 1	
10:45 - 11:30	Aqua	Scs	Ind Pool	
17:30 - 18:30	Step	Hec	Studio 1	
18:30 - 19:30	Body Pump	Scs	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Aerobics	Hec	Studio 1	
09:30 - 10:30	Body Combat	Hec	Studio 1	
09:30 - 10:30	Pilates	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scs	Studio 1	
10:40 - 11:25	Group Cycling	Hec	Spin Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Balance	Hol	Studio 1	
09:30 - 10:30	Body Pump	Scs	Studio 1	
10:35 - 11:35	Body Combat	Hec	Studio 1	
10:40 - 11:25	RPM	Hec	Cycle Studio	

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):

High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):

Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):

Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scs):

Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):

A range of classes to help you enjoy exercise anytime.

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