

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.30	Body Balance	Hol	Mind & Body	
10.05 - 11.00	Step	Hec	Energy Zone	
10.30 - 11.15	Aqua	Scs	Pool	
11.05 - 12.00	Body Pump	Scs	Energy Zone	
11.05 - 12.30	Yoga	Hol	Mind & Body	
12.00 - 12.15	Abs & Back	Scs	Gym B2	
12.40 - 13.00	Power Plate	Scs	Gym 1st Floor	
18.30 - 18.45	Abs & Back	Scs	Gym B2	
18.30 - 19.35	Body Pump	Scs	Energy Zone	
18.30 - 19.25	Body Balance	Hol	Mind & Body	
18.30 - 19.00	Weight Loss Taster	Otc	Reception	
19.00 - 20.00	Weight Loss Course	Otc	Reception	£
19.10 - 19.30	Power Plate	Scs	Gym 1st Floor	
19.30 - 20.30	Body Combat	Hec	Energy Zone	
19.30 - 20.30	Keiser Cycling & Abs	Hec	Cycle Zone	
19.30 - 21.00	Yoga	Hol	Mind & Body	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.30	Body Balance	Hol	Mind & Body	
10.05 - 11.00	Body Sculpt	Scs	Energy Zone	
10.35 - 11.30	Pilates	Hol	Mind & Body	
11.30 - 12.30	Belly Dancing	Dan	Mind & Body	
12.00 - 12.15	Abs & Back	Scs	Gym B2	
12.40 - 13.00	Power Plate	Scs	Gym 1st Floor	
13.30 - 15.00	Astanga Yoga	Hol	Mind & Body	
18.30 - 18.45	Abs & Back	Scs	Gym B2	
18.30 - 19.25	Body Attack	Hec	Energy Zone	
18.30 - 19.25	Pilates	Hol	Mind & Body	
18.30 - 19.30	Boxing Fit	Otc	Activity Zone	
18.45 - 19.30	Keiser Cycling	Hec	Cycle Zone	
19.10 - 19.30	Power Plate	Scs	Gym 1st Floor	
19.30 - 20.30	Step	Hec	Energy Zone	
19.30 - 21.00	Yoga	Hol	Mind & Body	
20.00 - 20.30	Group Ex Welcome	Otc	Reception	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Body Pump	Scs	Energy Zone	
09.35 - 10.20	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.30	Pilates	Hol	Mind & Body	
09.35 - 10.20	Pre & Post Natal	Otc	Energy Zone	
10.30 - 11.00	Weight Loss Taster	Otc	Reception	
10.35 - 11.15	Legs, Bums & Tums	Scs	Energy Zone	
10.35 - 12.05	Yoga	Hol	Mind & Body	
11.00 - 12.00	Weight Loss Course	Otc	Reception	£
12.00 - 12.15	Abs & Back	Scs	Gym B2	
12.40 - 13.00	Power Plate	Scs	Gym 1st Floor	
18.30 - 18.45	Abs & Back	Scs	Gym B2	
18.30 - 19.25	Body Combat	Hec	Energy Zone	
18.30 - 19.30	Yoga	Hol	Mind & Body	
18.45 - 19.30	Keiser Cycling	Hec	Cycle Zone	
19.10 - 19.30	Power Plate	Scs	Gym 1st Floor	
19.30 - 20.30	Boxing Fit	Otc	Activity Zone	
19.30 - 20.25	Body Pump	Scs	Energy Zone	
19.30 - 20.30	Pilates	Hol	Mind & Body	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.20	Keiser Cycling	Hec	Cycle Zone	
10.05 - 11.00	Pilates	Hol	Mind & Body	
10.30-11.15	Aqua	Scs	Pool	
10.35-11.30	Body Pump	Scs	Energy Zone	
11.35 - 12.30	Stretch & Tone	Scs	Energy Zone	
12.00 - 12.15	Abs & Back	Scs	Gym B2	
12.40 - 13.00	Power Plate	Scs	Gym 1st Floor	
13.00 - 14.30	Yoga	Hol	Mind & Body	
18.30 - 18.45	Abs & Back	Scs	Gym B2	
18.30 - 19.25	Body Pump	Scs	Energy Zone	
19.10 - 19.30	Power Plate	Scs	Gym 1st Floor	
19.30 - 20.15	Multi Circuits	Hec	Energy Zone	
19.30 - 21.00	Astanga Yoga	Hol	Mind & Body	

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

