

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.00	RPM	Hec	GYM	
09.15-10.00	Body Jam	Dan	STUDIO1	
10.00-10.45	Kinesis Shape	Scs	GYM	E/C/*
10.00-11.00	Body Attack	Hec	STUDIO1	*
10.00-11.00	Iyengar Yoga	Hol	STUDIO 2	*
11.00-11.30	Core Stability	Scs	STUDIO 2	*
11.00-12.00	Boxercise	Hec	STUDIO 1	*
12.15-13.00	Aqua	Scs	POOL	
12.30-13.00	RPM Express	Hec	GYM	
13.00-14.00	Body Pump	Scs	STUDIO 1	
13.00-14.00	Pilates	Hol	STUDIO 2	
17.15-18.00	Keiser Cycling	Hec	GYM	*
18.00-19.00	Body Attack	Hec	STUDIO 1	*
18.00-19.00	Body Balance	Hol	STUDIO 2	*
19.00-20.00	Pilates	Hol	STUDIO 2	
19.00-20.00	Body Combat	Hec	STUDIO 1	
19.15-20.00	RPM	Hec	GYM	
20.00-21.00	Legs, Bums & Tums	Scs	STUDIO 1	
20.00-21.00	Introduction to Pilates	Hol	STUDIO 2	
20.00-21.00	Lose & Shape Up	Otc	DL KIDS ROOM	E/C

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.00	Keiser Cycling	Hec	GYM	
10.00-11.00	YogaMoves	Hol	STUDIO 2	*
10.00-11.00	Conditioning	Scs	STUDIO 1	*
11.00-12.00	Body Combat	Hec	STUDIO 1	
11.00-12.00	Stretch & Tone	Scs	STUDIO 2	
12.30-13.30	Legs, Bums & Tums	Scs	STUDIO 1	
13.00-14.00	Pilates	Hol	STUDIO 2	
17.30-18.30	Body Pump	Scs	STUDIO 1	
18.30-19.30	Body Balance	Hol	STUDIO 1	
19.00-19.45	RPM	Hec	GYM	
19.00-20.00	Kinesis Breathe	Scs	GYM	E/C
19.15-20.00	Pre & Post Natal Yoga	Hol	STUDIO 2	
19.30-20.30	Conditioning	Scs	STUDIO 1	
19.30-20.30	Lose & Shape Up	Otc	DL KIDS ROOM	E/C
19.45-20.30	Keiser Cycling	Hec	GYM	
20.00-21.00	Hatha Yoga	Hol	STUDIO 2	
20.00-21.00	Aqua	Scs	POOL	
20.30-21.30	Boxercise	Hec	STUDIO 1	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	GYM	
09.30-10.30	Body Pump	Scs	STUDIO 1	
10.00-10.45	Keiser Cycling	Hec	GYM	*
10.30-11.30	Body Balance	Hol	STUDIO 1	
11.00-12.00	Senior Pilates	Hol	STUDIO 2	S
12.00-13.00	Hatha Yoga	Hol	STUDIO 2	
12.00-13.00	Aqua	Scs	POOL	
12.15-13.00	Keiser Cycling & Abs	Hec	GYM	
13.00-14.00	Senior Conditioning	Scs	STUDIO 1	S
13.15-14.00	Pre & Post Natal Yoga	Hol	STUDIO 2	
18.00-19.00	Step	Hec	STUDIO 1	*
18.30-19.30	Keiser Cycling	Hec	GYM	
18.30-19.30	Running Club	Otc	OUTSIDE	
19.00-20.00	Body Attack	Hec	STUDIO 1	
19.00-20.00	Hatha Yoga	Hol	STUDIO 2	
19.30-20.30	Multi Circuits	Hec	MSH	
20.00-21.00	Body Pump	Scs	STUDIO 1	
20.00-21.00	Body Jam	Dan	STUDIO 2	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	GYM	
09.30-10.30	Body Pump	Scs	STUDIO 1	
10.00-10.45	Keiser Cycling	Hec	GYM	*
10.30-11.30	Body Balance	Hol	STUDIO 1	
10.30-11.30	Tai Chi	Hol	STUDIO 2	
11.30-12.30	Senior Pilates	Hol	STUDIO 2	S
12.15-13.00	Aqua	Scs	POOL	
12.15-13.00	Keiser Cycling & Abs	Hec	GYM	
13.00-14.00	Group Exercise Welcome	Otc	CLUBROOM	
14.00-15.00	Salsa Dancing	Dan	STUDIO 1	
18.00-19.00	Pilates	Hol	STUDIO 2	*
18.00-19.00	Legs, Bums & Tums	Scs	STUDIO 1	
18.30-19.15	Keiser Cycling	Hec	GYM	
19.00-20.00	Introduction to Pilates	Hol	STUDIO 2	
19.00-20.00	Body Jam	Dan	STUDIO 1	
20.00-21.00	Body Combat	Hec	STUDIO 1	
20.00-20.30	Core Stability	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

