

### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Zumba	Dan	Bad Crt 1-4	
10:00 - 10:55	Yoga	Hol	Studio 2	
10:30 - 11:25	Body Attack	Hec	Studio 1	
11:30 - 12:30	Zumba Senior	Otc	Studio 1	
12:00 - 12:30	Power Plate Course	Otc	Gym Area 1	
12:00 - 12:55	Pilates	Hol	Studio 2	
12:15 - 13:00	Aqua	Scs	Main Pool	
13:00 - 13:55	Body Pump	Scs		
14:00 - 15:30	Lose & Shape Up	Otc	Meeting Rm	£
17:15 - 18:00	Family Adidas Zone Cycling	Otc	Spin Studio	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:00 - 18:55	Body Balance	Hol	Studio 2	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Pilates	Hol	Studio 2	
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
20:00 - 20:55	Legs, Bums and Tums	Scs	Studio 1	

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Pump	Scs	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 11:30	Boxercise	Hec	Studio 2	
11:30 - 12:25	Senior Pilates	Hol	Studio 1	
12:00 - 12:55	Hatha Yoga	Hol	Studio 2	
12:15 - 13:00	Aqua	Scs	Main Pool	
12:15 - 13:00	Group Cycling	Hec	Cycling Studio	
13:15 - 14:00	Pre & Post Natal Yoga	Hol	Studio 2	
17:30 - 18:15	Lose & Shape Up Seminar	Otc		
18:00 - 18:55	Step	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Body Pump	Scs	Studio 1	
19:00 - 19:55	Hatha Yoga	Hol	Studio 2	
19:30 - 20:25	Zumba	Dan	Bad Crt 1-4	
20:00 - 20:30	Power Plate Course	Otc	Gym Area 1	
20:00 - 20:55	Pilates Foundation	Otc	Studio 2	
20:00 - 21:00	Multi Circuits	Hec	Studio 1	

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scs	Studio 1	
09:30 - 10:15	Aqua Zumba	Dan	Pool	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:30 - 10:25	YogaMoves	Hol	Studio 2	
10:30 - 11:25	Legs, Bums and Tums	Scs	Studio 1	
10:30 - 11:25	Senior Conditioning	Scs	Studio 2	
12:00 - 12:55	Pilates	Hol	Studio 2	
12:15 - 13:10	Zumba	Dan	Studio 1	
17:30 - 18:25	Body Pump	Scs	Studio 1	
18:30 - 19:25	Body Balance	Hol	Studio 1	
18:45 - 19:30	RPM	Hec	Cycle Studio	
19:15 - 20:00	Pre & Post Natal Yoga	Hol	Studio 2	
19:30 - 20:15	Group Cycling	Hec	Cycling Studio	
19:30 - 20:15	VIPR Course	Otc	Studio 1	
19:30 - 20:25	Body Attack	Hec	Location 1	
19:30 - 21:00	Lose & Shape Up	Otc	Meeting Rm	£
19:45 - 20:30	Aqua Zumba	Dan	Pool	
20:00 - 20:55	Yoga	Hol	Studio 2	
20:15 - 21:15	Boxercise	Hec	Studio 1	

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scs	Studio 1	
10:00 - 10:45	Aqua	Scs	Main Pool	
10:00 - 10:45	Group Cycling	Hec	Cycling Studio	
10:30 - 11:25	Body Balance	Hol	Studio 1	
11:30 - 12:25	Senior Pilates	Hol	Studio 1	
12:15 - 13:00	Group Cycling	Hec	Cycling Studio	
18:00 - 18:55	Body Conditioning	Scs	Studio 1	
18:00 - 18:55	Pilates Foundation	Otc	Studio 2	
18:00 - 22:00	Adult Football	Otc	Bad Crt 1-4	
19:00 - 19:45	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Body Jam	Dan	Studio 1	
19:00 - 19:55	Pilates	Hol	Studio 2	
19:30 - 21:00	Lose & Shape Up	Otc	Meeting Rm	£
20:00 - 20:55	Body Combat	Hec	Studio 1	
22:00 - 23:00	Adult Football	Otc	Bad Crt 1-4	

### 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

