

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:35 - 10:25	Body Balance	Hol	Studio 2	
09:35 - 10:25	Zumba	Dan	Studio 1	
10:00 - 10:45	Aqua	Scs	Ind Pool	
10:30 - 11:30	Lose & Shape Up Seminar	Otc	Campus	
10:35 - 11:20	Kettle Bell	Scs	Track	
10:35 - 11:25	Legs, Bums & Tums	Scs	Studio 1	
10:35 - 11:25	Pilates Intermediate	Hol	Studio 2	
11:30 - 12:25	Mature Movers	Otc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	
12:30 - 13:25	Hatha Yoga	Hol	Studio 2	
12:35 - 13:05	Group Exercise Welcome	Otc	Gym Area 1	
18:05 - 18:55	Body Attack	Hec	Studio 1	
18:30 - 19:25	Multi Circuits	Hec	Track	
18:30 - 19:25	Pilates Intermediate	Hol	Studio 2	
19:00 - 19:55	Body Pump	Scs	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Spin Studio	
19:30 - 21:00	Astanga Yoga	Hol	Studio 2	
20:00 - 20:55	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:35 - 10:25	Body Balance	Hol	Studio 2	
09:35 - 10:25	Multi Circuits	Hec	Track	
10:35 - 11:25	Body Pump Express	Scs	Studio 1	
10:35 - 11:25	Pilates Intermediate	Hol	Studio 2	
11:30 - 12:15	Pre & Post Natal	Otc	Ind Pool	
11:30 - 12:25	Pilates	Hol	Studio 2	
11:30 - 12:25	Zumba	Dan	Studio 1	
11:35 - 12:20	Group Cycling	Hec	Spin Studio	
16:05 - 16:50	Family Zumba (11yrs +)	Dan	Studio 1	
18:05 - 18:50	Group Cycling	Hec	Spin Studio	
18:15 - 19:00	Step	Hec	Studio 1	
18:30 - 19:25	Boot Camp	Hec	Track	
18:30 - 19:25	Pilates Intermediate	Hol	Studio 2	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:00 - 20:00	Lose & Shape Up Seminar	Otc	Campus	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:00 - 20:55	Body Pump	Scs	Studio 1	
20:00 - 21:00	Triathlon Swim	Otc	Ind Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Multi Circuits	Hec	Track	
09:15 - 10:00	Body Pump Express	Scs	Studio 1	
09:15 - 10:45	Iyengar Yoga	Hol	Studio 2	
10:00 - 10:55	Hour of Power	Hec	Studio 1	
10:30 - 11:15	Kettle Bell	Scs	Track	
10:35 - 11:20	Aqua	Scs	Pool	
11:00 - 11:55	Mature Movers	Otc	Studio 1	
11:00 - 11:55	Pilates	Hol	Studio 2	
12:00 - 12:45	Coffee Club	Otc	Club Rm	
12:30 - 13:15	Pre & Post Natal	Otc	Studio 1	
17:05 - 17:50	Kettle Bell	Scs	Track	
18:15 - 19:00	Body Pump Express	Scs	Studio 1	
19:00 - 19:50	Body Combat	Hec	Studio 1	
19:00 - 19:55	Pilates Intermediate	Hol	Studio 2	
19:30 - 20:15	Aqua	Scs	Ind Pool	
20:00 - 20:30	Group Exercise Welcome	Otc	Gym Area 1	
20:00 - 20:55	Body Balance	Hol	Studio 2	
20:00 - 20:55	Zumba	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:35 - 10:25	Body Attack	Hec	Studio 1	
09:35 - 10:25	Body Balance	Hol	Studio 2	
10:00 - 10:45	Aqua	Scs	Ind Pool	
10:35 - 11:25	Body Pump	Scs	Studio 1	
10:35 - 11:25	Pilates Intermediate	Hol	Studio 2	
11:30 - 12:25	Pilates	Hol	Studio 2	
11:35 - 12:20	Group Cycling	Hec	Spin Studio	
12:30 - 13:25	Body Balance	Hol	Studio 2	
17:05 - 17:50	Kettle Bell	Scs	Track	
18:15 - 19:00	Circuits	Hec	Track	
18:15 - 20:15	Lose & Shape Up	Otc	Campus	£
19:00 - 20:00	Triathlon Bike	Otc	Cycling Studio	
19:00 - 20:30	Iyengar Yoga	Hol	Studio 2	
19:15 - 20:10	Body Pump	Scs	Studio 1	

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

