

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45-07:30	Circuits	Hec	Studio 1	
09:35-10:30	Body Step	Hec	Studio 1	
10:30-11:15	Group Cycling	Hec	Studio 2	
10:30-12:00	Yoga	Hol	Studio 1	
12:30-13:00	Body Pump Express	Scs	Studio 1	
17:30-18:25	Body Attack	Hec	Studio 1	
17:45-18:25	Group Cycling	Hec	Studio 2	
18:30-19:25	Group Cycling	Hec	Studio 2	
18:30-19:25	Body Pump	Scs	Studio 1	
19:00-21:00	Lose & Shape Up	Otc	Various	
19:30-20:25	Body Combat	Hec	Studio 1	
20:00-20:45	Group Cycling	Hec	Studio 2	
20:30-21:30	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45-07:30	Body Pump	Scs	Studio 1	
09:35-10:30	Body Balance	Hol	Studio 1	
10:00-10:30	Beginners Group Cycling	Hec	Studio 2	
10:30-11:15	Group Cycling	Hec	Studio 2	
11:45-12:45	Qigong	Hol	Studio 1	
13:00-13:30	Core Stability	Scs	Studio 1	
17:30-18:10	Group Cycling	Hec	Studio 2	
18:00-18:30	Adult Swim	Otc	Pool	
18:00-18:55	Body Balance	Hol	Studio 1	
18:15-18:55	Group Cycling	Hec	Studio 2	
19:00-19:30	Power Plate	Scs	Gym	
19:00-19:30	Beginners Group Cycling	Hec	Studio 2	
19:00-19:55	Body Pump	Scs	Studio 1	
20:00-20:55	Body Combat	Hec	Studio 2	
20:00-21:30	Yoga	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45-07:30	Group Cycling	Hec	Studio 2	
09:30-10:15	Group Cycling	Hec	Studio 2	
09:35-10:30	Body Attack	Hec	Studio 1	
10:35-11:30	Body Pump	Scs	Studio 1	
10:30-11:15	Aqua	Scs	Pool	
17:30-18:00	Legs, Bums and Tums	Scs	Studio 1	
18:00-18:55	Body Step	Scs	Studio 1	
18:00-18:45	Skip Fit	Otc	Studio 2	
19:00-19:45	Aqua	Scs	Pool	
19:00-19:45	Group Cycling	Hec	Studio 2	
19:00-19:55	Boxing Fit	Otc	Studio 1	
19:30-20:30	Ski Fit	Otc	Gym Floor	
20:00-20:55	Pilates	Hol	Studio 2	
20:00-20:55	Body Pump	Scs	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45-07:30	Group Cycling	Hec	Studio 2	
09:35-10:30	Body Pump	Scs	Studio 1	
10:45-11:30	Group Cycling	Hec	Studio 2	
11:00-11:30	Group Exercise Welcome	Otc	Studio 1	
11:00-12:30	Yoga	Hol	Studio 1	
17:30-18:25	Pilates	Hol	Studio 1	
18:30-19:00	Adult Swim	Otc	Pool	
18:30-19:15	Group Cycling	Hec	Studio 2	
18:30-19:25	Hour of Power	Hec	Studio 1	
19:15-20:00	Aqua	Scs	Pool	
19:30-20:00	Beginners Group Cycling	Hec	Studio 2	
19:30-20:30	Body Jam	Dan	Studio 1	
19:30-20:30	Team Sports Fit	Otc	Gym	
20:00-20:45	Kettle Bell	Scs	Gym	
20:30-21:00	Step	Hec	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

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45-07:30	Group Cycling	Hec	Studio 2	
10:00-10:55	Body Step	Hec	Studio 1	
11:00-11:30	Body Conditioning	ScC	Studio 1	
11:30-12:30	Body Balance	Hol	Studio 1	
17:30-18:25	Circuits	Hec	Studio 1	
17:45-18:30	Body Combat	Hec	Studio 2	
18:30-19:15	Group Cycling	Hec	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00-10:45	Group Cycling	Hec	Studio 2	
10:00-10:55	Body Pump	ScC	Studio 1	
11:00-11:45	Group Cycling	Hec	Studio 2	
11:00-11:55	Body Combat	Hec	Studio 1	
17:00-18:30	Thai Yoga	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00-09:45	Group Cycling	Hec	Studio 2	
09:00-09:55	Body Pump	ScC	Studio 1	
10:00-10:55	Body Pump	ScC	Studio 1	
11:00-11:55	Body Jam	Dan	Studio 1	
12:00-12:45	Pilates	Hol	Studio 1	

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 (ScC):**
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.