



### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Body Attack	Hec	Studio 1	
10:00 - 10:55	Core Stability	Scs	Studio 1	
10:00 - 11:00	Pilates	Otc	Studio 2	£
11:00 - 11:30	Group Exercise Welcome	Otc	Rec	
11:00 - 11:55	Circuits	Hec	Studio 1	
11:00 - 12:30	Yoga	Hol	Studio 2	
12:00 - 12:45	Body Pump	Scs	Studio 1	
13:00 - 14:00	Body Vive	Scs	Studio 2	
17:15 - 18:00	Boxercise	Hec	Studio 1	
17:30 - 18:00	Power Plate Taster	Otc	Gym Area 1	
17:30 - 18:15	Group Cycling	Hec	Cycling Studio	
18:00 - 18:55	Body Balance	Hol	Studio 2	
18:00 - 19:00	Body Conditioning	Scs	Studio 1	
18:45 - 19:00	Introduction to Body Pump	Scs	Gym	
19:00 - 19:45	Body Pump	Scs	Studio 1	
19:00 - 20:00	Pilates	Otc	Studio 2	£
19:15 - 20:00	Aqua	Scs	Pool	
19:45 - 20:30	Body Combat	Hec	Studio 1	
20:00 - 20:45	Striding Class	Otc	Gym	

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	Aqua	Scs	Pool	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:45 - 10:30	Body Conditioning	Scs	Studio 2	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Pump	Scs	Studio 1	
10:30 - 11:30	Lose & Shape Up Seminar	Otc		
11:30 - 12:15	Striding Class	Otc	Gym	
11:30 - 12:30	Pilates	Otc	Studio 2	£
12:15 - 13:00	Group Cycling	Hec	Cycle Studio	
13:00 - 13:55	Show Time	Dan	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:15	Zumba	Dan	Studio 2	
18:30 - 19:30	Aerobics	Hec	Studio 1	
19:15 - 20:15	Body Vive	Scs	Studio 2	
19:30 - 20:25	Body Pump	Scs	Studio 1	

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scs	Studio 1	
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:30 - 11:15	Zone Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Attack	Hec	Studio 1	
10:30 - 11:30	Body Vive	Scs	Studio 2	
11:15 - 12:00	Aqua	Scs	Pool	
11:45 - 12:30	Pre & Post Natal	Otc	Studio 3	
17:30 - 18:15	Circuits	Hec	Studio 2	
17:45 - 18:30	Body Attack	Hec	Studio 1	
17:45 - 18:30	Group Cycling	Hec	Cycle Studio	
18:00 - 18:30	Group Exercise Welcome	Otc	Restaurant	
18:30 - 19:30	Body Conditioning	Scs	Studio 2	
18:30 - 19:30	Salsa Aerobics	Dan	Studio 1	
19:30 - 20:25	Circuits	Hec	Studio 1	
19:30 - 20:30	Pilates	Otc	Studio 2	£
19:45 - 20:30	Adult Swim	Otc	Main Pool	£
20:30 - 21:00	Group Cycling	Hec	Cycle Studio	
21:00 - 21:30	Striding Class	Otc	Gym Area 1	

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aqua Zumba	Dan	Pool	
09:30 - 10:25	Circuits	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:30	Zumba	Dan	Studio 2	
11:30 - 12:15	Body Vive	Scs	Studio 2	
13:30 - 15:00	Yoga	Hol	Studio 2	
17:30 - 18:15	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Lose & Shape Up Seminar	Otc		
18:30 - 19:15	Aqua	Scs	Pool	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:25	Body Combat	Hec	Studio 1	
18:30 - 19:25	Dance With David Lloyd	Dan	Studio 2	
19:00 - 21:00	Lose & Shape Up	Otc	Studio 3	£
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:25	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

