

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.15	Keiser Cycling	Hec	Cycle Studio	*
09.30 - 10.25	Body Pump	Scs	Studio 1	*
10.30 - 11.00	Senior Conditioning	Scs	Middle Floor	S
10.30 - 11.15	Body Attack Express	Hec	Studio 1	
10.30 - 11.25	Dynamic Yoga	Hol	Studio 2	
11.00 - 11.30	Beginners Group Cycling	Hec	Cycle Studio	S
11.30 - 12.25	Pilates	Hol	Studio 2	
12.30 - 13.00	RPM Express	Hec	Cycle Studio	
17.30 - 18.15	Keiser Cycling	Hec	Cycle Studio	
18.30 - 19.15	Body Pump Express	Scs	Studio 1	
18.30 - 19.25	Body Vive	Scs	Studio 2	
18.30 - 19.25	Running Club	Otc	Outside	
19.00 - 19.55	Swimming Club	Otc	Pool	
19.00 - 19.55	Back Care Fit	Otc	Middle Floor	C
19.15 - 20.00	Body Attack Express	Hec	Studio 1	
19.30 - 20.25	Hatha Yoga	Hol	Studio 2	
20.00 - 20.45	Aqua	Scs	Pool	
20.00 - 20.45	Keiser Cycling	Hec	Cycle Studio	
20.00 - 20.55	Body Combat	Hec	Studio 1	
20.00 - 20.55	Ski Fit	Otc	Middle Floor	C
20.30 - 21.25	Kick Boxing	Hec	Studio 2	
20.45 - 21.00	Abs & Back	Scs	Gym	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling	Hec	Cycle Studio	
07.45 - 08.00	Abs & Back	Scs	Gym	
09.30 - 10.25	Body Combat	Hec	Studio 1	
09.30 - 10.25	Anusara Yoga	Hol	Studio 2	
09.30 - 10.25	Power Walking	Hec	Outside	
10.30 - 11.00	Senior Conditioning	Scs	Middle Floor	S
10.30 - 11.15	Body Pump Express	Scs	Studio 1	*
11.30 - 12.45	Ballet Fusion	Dan	Studio 1	
12.30 - 13.15	Keiser Cycling	Hec	Cycle Studio	
18.00 - 18.45	Step	Hec	Studio 1	
18.00 - 18.45	Keiser Cycling	Hec	Cycle Studio	
18.30 - 19.15	Pilates	Hol	Studio 2	
18.45 - 19.00	Abs & Back	Scs	Gym	
18.45 - 19.15	Body Pump Express	Scs	Studio 1	
19.00 - 19.30	Beginners Group Cycling	Hec	Cycle Studio	
19.30 - 20.25	Body Attack	Hec	Studio 1	
19.30 - 20.25	Body Vive	Scs	Studio 2	
20.30 - 21.25	Dynamic Yoga	Hol	Studio 2	
20.30 - 21.15	Group Exercise Welcome	Otc	Club Room	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.25	Total Body Workout	Hec	Studio 1	*
09.30 - 10.25	Body Vive	Scs	Studio 2	*
10.00 - 10.45	Keiser Cycling	Hec	Cycle Studio	
10.30 - 11.00	Senior Conditioning	Scs	Middle Floor	S
11.00 - 11.45	Aqua	Scs	Pool	
11.00 - 11.55	Body Balance	Hol	Studio 2	
12.30 - 13.00	Body Pump Express	Scs	Studio 1	
17.45 - 18.30	Legs, Bums & Tums	Scs	Studio 1	
18.30 - 19.15	Dance Fit	Dan	Studio 1	
19.00 - 19.55	Lose & Shape Up	Otc	Meeting Room	C £
19.00 - 19.55	RPM	Hec	Cycle Studio	
19.30 - 20.25	Total Body Workout	Hec	Studio 1	
19.30 - 20.25	Body Balance	Hol	Studio 2	
20.00 - 20.15	Abs & Back	Scs	Gym	
20.00 - 20.55	Boxing Fit	Otc	Middle Floor	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.25	Body Attack	Hec	Studio 1	
09.30 - 10.25	Pilates	Hol	Studio 2	
10.30 - 11.15	Total Body Workout	Hec	Studio 1	*
10.30 - 11.15	Aqua	Scs	Pool	*
10.30 - 11.25	Senior Conditioning	Scs	Middle Floor	S
12.30 - 13.15	Legs, Bums & Tums	Scs	Studio 1	
18.30 - 19.15	RPM	Hec	Cycle Studio	
18.30 - 19.25	Body Combat	Hec	Studio 1	
18.30 - 19.25	Running Club	Otc	Outside	
19.00 - 19.45	Aqua	Scs	Pool	
19.00 - 19.55	Lose & Shape Up	Otc	Studio 2	C £
19.15 - 19.30	Abs & Back	Scs	Gym	
20.00 - 20.55	Body Pump	Scs	Studio 1	
20.00 - 20.55	Body Balance	Hol	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

