

### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.30	Conditioning	Sc	Studio 1	
09.35-10.30	Pilates	Hol	Studio 2	
10.35-11.30	Body Balance	Hol	Studio 1	
18.00-19.00	Body Jam	Dan	Studio 1	
18.35-19.30	Pilates	Hol	Studio 2	
19.00-20.00	Lose & Shape Up	Otc	Lounge	C £
19.00-20.00	Body Combat	Hec	Studio 1	
19.00-20.00	Back Care Fit	Otc	Gym	C
19.00-19.45	Keiser Cycling	Hec	Spin Studio	
19.30-20.30	Yoga	Hol	Studio 2	
20.00-21.00	Body Pump	Sc	Studio 1	

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Attack	Hec	Studio 1	
10.00-11.00	Zumba	Dan	Studio 1	
11.00-12.00	Body Combat	Hec	Studio 1	
11.00-12.00	Pilates	Hol	Studio 2	
12.15-13.00	Aqua	Sc	Pool	
17.45-18.30	Step	Hec	Studio 1	
18.35-19.30	Body Attack	Hec	Studio 1	
19.00-19.45	Keiser Cycling	Hec	Spin Studio	
19.30-20.30	Body Pump	Sc	Studio 1	
19.30-20.15	Aqua	Sc	Pool	
20.00-21.00	Yoga	Hol	Studio 2	

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Spin Studio	
09.35-10.30	Body Pump	Sc	Studio 1	
10.35-11.30	Yoga	Hol	Studio 1	
11.35-12.30	Body Balance	Hol	Studio 1	
12.30-13.00	Group Exercise Welcome	Otc	Lounge	
18.00-19.00	Yoga	Hol	Studio 2	
18.00-19.00	Conditioning	Sc	Studio 1	
19.00-20.00	Ski Fit	Otc	Gym	C
19.00-20.00	Body Combat	Hec	Studio 1	
19.30-20.30	Swim Fit	Otc	Pool	C £
20.00-21.00	Body Balance	Hol	Studio 1	

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Conditioning	Sc	Studio 1	
11.00-12.00	Legs, Bums & Tums	Sc	Studio 1	
12.15-13.00	Aqua	Sc	Pool	
17.45-18.30	Legs, Bums & Tums	Sc	Studio 1	
18.35-19.30	Pilates	Hol	Studio 2	
18.35-19.30	Step	Hec	Studio 1	
18.35-19.20	Keiser Cycling	Hec	Spin Studio	
19.00-19.30	Group Exercise Welcome	Otc	Lounge	
19.35-20.30	Yoga	Hol	Studio 2	
19.35-20.30	Body Pump	Sc	Studio 1	
20.35-21.30	Body Balance	Hol	Studio 1	

### FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Spin Studio	
09.35-10.30	Body Pump	Sc	Studio 1	
10.35-11.30	Body Combat	Hec	Studio 1	
11.35-12.30	Body Balance	Hol	Studio 1	
13.30-14.30	Pilates	Hol	Studio 1	
17.30-18.30	Body Jam	Dan	Studio 1	
18.35-19.30	Zumba	Dan	Studio 1	

### SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.30	Body Attack	Hec	Studio 1	
09.35-10.20	Keiser Cycling	Hec	Spin Studio	
10.35-11.30	Body Pump	Sc	Studio 1	
11.35-12.30	Body Balance	Hol	Studio 1	
12.35-13.30	Lose & Shape Up	Otc	Gym	C £

### SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-10.20	Keiser Cycling	Hec	Spin Studio	
09.35-10.30	Body Combat	Hec	Studio 1	
10.35-11.30	Body Jam	Dan	Studio 1	
11.35-12.30	Ashtanga Yoga	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 (Sc):

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.

### 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