



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scs	Studio 1	
09:30 - 10:25	Body Pump	Scs	Studio 1	
10:30 - 11:15	Aqua	Scs	Main Pool	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
11:00 - 11:30	Power Plate	Scs	Gym	
11:30 - 12:00	VIPR Taster	Otc	Gym 2	
12:30 - 13:00	Group Cycling	Hec	Cycling Studio	
16:30 - 17:00	Tae Kwon Do	Hec	Studio 1	
17:00 - 17:55	Tae Kwon Do	Hec	Studio 1	
17:15 - 18:00	RPM	Hec	Cycling Studio	
18:00 - 18:30	Lose & Shape Up Seminar	Otc	Gym Desk	
18:00 - 18:30	Power Plate	Scs	Gym - Part B	
18:00 - 18:55	Legs, Bums and Tums	Scs	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Body Pump	Scs	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Conf Rm	£
19:00 - 20:00	Lose & Shape Up	Otc	Conf Rm	£
20:00 - 20:55	Body Balance	Hol	Studio 2	
20:00 - 20:55	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 07:45	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Core Stability	Scs	Studio 1	
10:30 - 11:00	Group Exercise Welcome	Otc	Club Rm	
10:30 - 11:00	Mother & Baby	Otc	Leisure Pool	
10:30 - 11:25	Multi Circuits	Hec	Studio 1	
10:30 - 11:25	YogaMoves	Hol	Studio 2	
11:00 - 11:45	Aqua	Scs	Main Pool	
11:30 - 12:25	Body Pump	Scs	Studio 1	
11:30 - 12:25	Zumba	Dan	Studio 2	
12:30 - 13:15	Pilates	Hol	Studio 2	
18:00 - 18:30	Abs & Back	Scs	Studio 1	
18:00 - 18:30	VIPR Taster	Otc	Gym - Part A	
18:15 - 18:45	RPM Express	Hec	Cycling Studio	
18:30 - 19:00	Power Plate	Scs	Gym - Part B	
18:30 - 19:25	Body Attack	Hec	Studio 1	
18:30 - 19:25	Vinyasa Yoga	Hol	Studio 2	
18:45 - 19:30	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Running Club	Otc	Gym	
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:25	Body Pump	Scs	Studio 1	
20:30 - 21:25	Hatha Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Core Stability	Scs	Studio 1	
09:30 - 10:00	TRX Taster	Otc	Gym 1	
09:30 - 10:15	Boxing Circuit	Otc	Studio 1	
10:15 - 11:00	Body Conditioning	Scs	Studio	
12:30 - 13:00	Group Cycling	Hec	Cycling Studio	
17:30 - 19:00	Astanga Yoga	Hol	Studio 2	
18:00 - 18:55	Lose & Shape Up Course	Otc	Studio 1	
18:15 - 19:00	RPM	Hec	Cycling Studio	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Conf Rm	£
19:15 - 20:00	Aqua	Scs	Main Pool	
19:15 - 20:00	Pilates	Hol	Studio 2	
20:00 - 21:15	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scs	Studio 1	
07:30 - 08:00	TRX Taster	Otc	Gym 1	
09:30 - 10:25	Body Attack	Hec	Studio 1	
10:30 - 11:25	Body Pump	Scs	Studio 1	
11:30 - 13:00	Yoga	Hol	Studio 2	
12:30 - 13:00	RPM Express	Hec	Cycling Studio	
17:30 - 18:15	Body Pump Express	Scs	Studio 1	
18:15 - 19:00	Body Attack Express	Hec	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Zumba	Dan	Studio 1	
20:00 - 20:45	Body Balance Express	Hol	Studio 1	
20:00 - 21:15	Iyengar Yoga	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

