

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Group Cycling	Hec	Studio 3	
09.30-10.15	Swiss Ball	Scs	Studio 3	
09.30-10.30	Pilates	Hol	Studio 2	
10.15-11.00	Aerobics	Hec	Studio 1	
11.00-12.00	Functional Conditioning	Scs	Studio 1	
12.00-12.30	Stretch & Tone	Scs	Studio 2	
14.00-15.00	Hatha Yoga	Hol	Studio 2	
16.45-17.20	Swiss Ball	Scs	Studio 3	*
17.30-18.30	Circuits	Hec	Studio 1	*
17.30-18.15	Aerobics	Hec	Studio 2	*
18.15-19.00	Group Cycling	Hec	Studio 3	
18.30-19.15	Aqua	Scs	Pool	
18.35-19.35	Body Pump	Scs	Studio 1	
18.45-19.15	Group Exercise Welcome	Otc	Clubroom	
19.15-20.15	Ballroom and Latin Dancing	Dan	Studio 2	
19.40-20.40	Body Attack	Hec	Studio 1	
20.15-21.00	YogaMoves	Hol	Studio 2	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Functional Conditioning	Scs	Studio 1	
07.45-08.00	Abs & Back	Scs	Studio 1	
09.30-10.15	Dance Fit	Dan	Studio 1	
10.15-10.30	Abs & Back	Scs	Studio 1	
10.15-11.15	Mother & Baby	Otc	Studio 2	
10.30-11.25	Boxercise	Hec	Studio 1	
11.30-12.00	Stretch & Tone	Scs	Studio 2	
13.15-14.00	Stretch & Tone	Scs	Studio 1	s
14.00-15.00	Pilates	Hol	Studio 1	
14.15-15.00	Aqua	Scs	Pool	
17.30-18.15	Group Cycling	Hec	Studio 3	*
17.30-18.30	Body Attack	Hec	Studio 1	*
17.45-18.45	Yoga	Hol	Studio 2	
18.30-19.15	Legs, Bums & Tums	Scs	Studio 1	*
18.30-19.15	Group Cycling	Hec	Studio 3	*
19.00-20.00	Body Balance	Hol	Studio 3	
19.15-20.15	Body Pump	Scs	Studio 1	
19.20-19.35	Abs & Back	Scs	Studio 3	
19.30-20.30	Running Club	Otc	Meet in reception	
20.00-21.00	Lose & Shape Up	Otc	Studio 2	£

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Boot Camp	Hec	Studio 1	
07.45-08.00	Abs & Back	Scs	Studio 1	
09.30-10.15	Body Attack	Hec	Studio 1	
10.15-11.00	Body Conditioning	Scs	Studio 1	
10.15-11.15	YogaMoves	Hol	Studio 2	
11.15-12.00	Aqua	Scs	pool	
13.00-13.45	Senior Conditioning	Scs	Studio 1	s
13.00-13.45	Group Exercise Welcome	Otc	Clubroom	
16.45-17.30	Total Body Workout	Hec	Studio 1	*
17.30-18.25	Dance Fit	Dan	Studio 1	*
17.30-18.15	RPM	Hec	Studio 3	*
18.00-19.00	Pilates	Hol	Studio 2	
18.30-19.15	Legs, Bums & Tums	Scs	Studio 1	*
18.35-19.35	Group Cycling	Hec	Studio 3	
19.00-19.45	Salsa Aerobics	Dan	Studio 2	
19.20-20.20	Circuits	Hec	Studio 1	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Body Balance	Hol	Studio 2	
09.30-10.30	Body Pump	Scs	Studio 1	
10.30-11.15	Group Cycling	Hec	Studio 3	
10.30-11.15	Step	Hec	Studio 1	
11.15-12.00	Body Conditioning	Scs	Studio 1	
12.00-13.00	Tai Chi	Hol	Studio 2	
12.15-13.00	Aqua	Scs	Pool	
17.30-18.30	Pilates	Hol	Studio 2	*
17.30-18.30	Body Attack	Hec	Studio 1	*
18.30-19.15	Step	Hec	Studio 2	*,A
18.30-19.30	Boxercise	Hec	Studio 1	*
18.30-19.15	Group Cycling	Hec	Studio 3	*
19.00-20.00	Lose & Shape Up	Otc	Meeting room	£
19.15-20.00	Ballet Fusion	Dan	Studio 2	
19.30-20.30	Boot Camp	Hec	Studio 1	*
19.30-20.30	Kick Boxing	Hec	Studio 3	£

**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

