

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Studio 3	
09:30 - 10:15	Core Stability	Sc	Studio 1	
10:00 - 10:45	Power Plate Taster	Otc	Gym	
10:00 - 11:00	Pilates	Hol	Studio 2	
10:15 - 11:00	Aerobics	Hec	Studio 1	
11:00 - 12:00	Functional Conditioning	Sc	Studio 1	
12:00 - 12:30	Stretch & Tone	Sc	Studio 2	
14:00 - 15:00	Hatha Yoga	Hol	Studio 2	
16:45 - 17:30	Core Stability	Sc	Studio 1	
17:30 - 18:15	Zumba	Dan	Studio 2	
17:30 - 18:25	Circuits	Hec	Studio 1	
17:30 - 18:30	Circuits	Hec		
18:15 - 19:00	Group Cycling	Hec	Studio 3	
18:15 - 19:15	Body Balance	Hol	Studio 2	
18:30 - 19:15	Aqua	Sc	Main Pool	
18:35 - 19:35	Body Pump	Sc	Studio 1	
18:40 - 19:10	Group Exercise Welcome	Otc	Club Rm	
19:15 - 20:00	Group Cycling	Hec	Studio 3	
19:15 - 20:15	Ballroom Dancing	Dan	Studio 2	
19:30 - 20:15	ViPR Taster	Otc	Gym	
19:40 - 20:40	Body Attack	Hec	Studio 1	
20:15 - 21:00	JUKARI Fit to Flex	Otc	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec		
07:45 - 08:00	Abs & Back	Sc	Studio 1	
09:30 - 10:15	Body Attack Express	Hec	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Studio 3	
10:15 - 11:15	Body Conditioning	Sc	Studio 1	
10:30 - 11:00	ViPR Course	Otc	Gym	
11:15 - 12:00	Aqua	Sc	Main Pool	
13:00 - 13:30	Group Exercise Welcome	Otc	Club Rm	
13:00 - 13:45	Senior Conditioning	Sc	Studio 1	
16:45 - 17:30	Functional Conditioning	Sc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Studio 3	
17:30 - 18:25	Dance Fit	Otc	Studio 1	
18:00 - 19:00	Pilates	Hol	Studio 2	
18:30 - 19:15	Legs, Bums and Tums	Sc	Studio 1	
18:30 - 19:15	Power Plate Course	Otc	Gym	
18:35 - 19:30	Group Cycling	Hec	Studio 3	
19:00 - 19:45	Salsa Aerobics	Dan	Studio 2	
19:20 - 20:15	Circuits	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Functional Conditioning	Sc	Studio 1	
07:45 - 08:00	Abs & Back	Sc	Studio 1	
09:00 - 09:45	ViPR Taster	Otc	Gym	
09:30 - 10:15	Dance Fit	Otc	Studio 1	
10:15 - 10:30	Abs & Back	Sc	Studio 1	
10:15 - 11:10	Mother & Baby	Otc	Studio	
10:30 - 11:15	Boxercise	Hec	Studio 1	
11:15 - 12:00	JUKARI Fit to Flex	Otc	Studio 1	
13:15 - 14:00	Stretch & Tone	Sc	Studio 1	
14:00 - 15:00	Pilates	Hol	Studio 1	
14:15 - 15:00	Aqua	Sc	Main Pool	
17:30 - 18:30	Body Attack	Hec	Studio 1	
17:45 - 18:45	Yoga	Hol	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:30	Body Balance	Hol	Studio 2	
18:30 - 19:30	Body Pump	Sc	Studio 1	
19:15 - 19:45	Running Club	Otc		
19:20 - 19:35	Abs & Back	Sc	Studio 3	
19:30 - 20:30	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Balance	Hol	Studio 2	
09:30 - 10:30	Body Pump	Sc	Studio 1	
10:30 - 11:15	Body Combat	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Studio 3	
11:15 - 12:15	Body Conditioning	Sc	Studio 1	
12:00 - 13:00	Tai Chi	Hol	Studio 2	
12:15 - 13:00	Aqua	Sc	Main Pool	
17:30 - 18:00	ViPR Course	Otc	Gym	
17:30 - 18:30	Body Attack	Hec	Studio 1	
17:30 - 18:30	Pilates	Hol	Studio 2	
18:00 - 18:45	Power Plate Taster	Otc	Gym	
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:30	Boxercise	Hec	Studio 1	
19:15 - 20:00	Ballet Fusion	Dan	Studio 2	
19:30 - 20:25	Circuits	Hec	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

