

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Multi Circuits	Hec	Studio 1	
09:30 - 10:30	Pilates	Hol	Studio 2	
09:40 - 10:25	Group Cycling	Hec	Cycle Studio	
09:40 - 10:25	Group Cycling & Striding	Otc	Cycling Studio	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scs	Studio 1	
11:30 - 13:00	Hatha Yoga	Hol	Studio 2	
12:15 - 13:00	Body Combat Express	Hec	Studio 1	
17:15 - 18:00	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Hatha Yoga	Hol	Studio 2	
18:00 - 19:00	Body Jam	Dan	Studio 1	
18:00 - 19:00	Group Cycling & Striding	Otc	Cycling Studio	
19:00 - 19:45	Kettle Bell	Scs	Studio 2	
19:00 - 19:55	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Fight Klub	Hec	Studio 1	
19:00 - 21:00	Lose & Shape Up	Otc	Restaurant	£
20:00 - 21:00	Body Pump	Scs	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scs	Studio 1	
09:30 - 10:15	Group Exercise Welcome	Otc	Club Rm	
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:30	Fight Klub	Hec	Studio 1	
10:30 - 11:30	Lose & Shape Up Seminar	Otc	Meeting Rm	
10:30 - 11:30	Pilates	Hol	Studio 2	
10:30 - 11:30	Zumba	Dan	Studio 1	
12:00 - 12:45	Aqua	Scs	Pool	
12:15 - 13:00	Group Cycling	Hec	Cycle Studio	
17:00 - 17:15	Introduction to Body Combat	Hec	Studio 1	
17:15 - 18:00	Body Combat Express	Hec	Studio 1	
18:00 - 18:55	Body Balance	Hol	Studio 2	
18:00 - 18:55	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Group Cycling & Striding	Otc	Cycling Studio	
18:00 - 19:00	Legs, Bums & Tums	Scs	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Multi Circuits	Hec	Studio 1	
19:00 - 19:55	Pilates Advanced	Hol	Studio 2	
19:00 - 20:30	Adult Netball	Otc	Out Crt 3	
20:00 - 20:45	Kettle Bell	Scs	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Conditioning	Scs	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Group Cycling & Striding	Otc	Cycling Studio	
09:30 - 10:15	Power Plate Taster	Otc	Gym Area 2	
09:30 - 10:30	Body Combat	Hec	Studio 1	
09:30 - 10:30	Group Cycling & Striding	Otc	Cycling Area	
09:30 - 10:30	Pilates	Hol	Studio 2	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:15	Group Cycling & Striding	Otc	Cycling Studio	
10:30 - 11:30	Body Jam	Dan	Studio 1	
17:00 - 17:15	Introduction to Body Pump	Scs	Studio 1	
17:15 - 18:00	Body Pump Express	Scs	Studio 1	
17:30 - 18:15	VIPR Taster	Otc	Gym Area 2	
18:00 - 18:45	Group Cycling & Striding	Otc	Cycle Studio	
18:00 - 18:55	Group Cycling	Hec	Cycle Zone	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:00 - 19:00	Pilates	Hol	Studio 2	
18:00 - 20:00	Lose & Shape Up	Otc	Restaurant	£
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 20:00	Fight Klub	Hec	Studio 1	
19:00 - 20:00	Lose & Shape Up Seminar	Otc	Meeting Rm	
20:00 - 21:00	Zumba	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Pilates	Hol	Studio 2	
09:30 - 10:15	Multi Circuits	Hec	Gym Area 1	
09:30 - 10:25	Hatha Yoga	Hol	Studio 2	
09:30 - 10:30	Zumba	Dan	Studio 1	
10:30 - 11:15	Body Pump Express	Scs	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
12:15 - 13:00	Group Cycling	Hec	Cycle Studio	
17:00 - 17:45	Group Exercise Welcome	Otc	Club Rm	
17:15 - 18:00	Legs, Bums & Tums	Scs	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:45	Group Cycling & Striding	Otc	Cycling Studio	
18:00 - 19:00	Adult Football	Otc	Out Crt 3	
18:00 - 19:00	Astanga Yoga	Hol	Studio 2	
18:00 - 19:00	Body Pump	Scs	Studio 1	
18:00 - 19:00	Triathlon Bike/Run/Swim	Otc	Gym Area 1	
19:00 - 19:45	Aqua	Scs	Pool	
19:00 - 20:00	Body Combat	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

