

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Group Cycling	Hec	Cycle Studio	
08:30 - 09:30	Senior Conditioning	Scs	Studio 1	S
08:30 - 09:30	Body Balance	Hol	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	*
09:30 - 10:30	Body Jam	Dan	Studio 1	*
09:30 - 10:30	Step	Hec	Studio 2	*
10:45 - 12:15	Yoga Intermediate	Hol	Studio 2	*
11:00 - 11:45	Aqua	Scs	Outdoor Pool	*
11:00 - 12:00	Lose & Shape Up	Otc	Studio 1	£ *
12:00 - 13:00	Pilates	Hol	Studio 1	*
13:30 - 14:30	Body Pump	Scs	Studio 1	*
14:45 - 15:45	Pilates	Hol	Studio 1	
16:00 - 17:00	Body Pump	Scs	Studio 1	*
17:00 - 18:00	Body Balance	Hol	Studio 1	
18:00 - 19:00	Body Jam	Dan	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:45 - 20:00	Pilates	Hol	Studio 2	£
19:00 - 20:00	Body Pump	Scs	Studio 1	
19:00 - 21:00	Triathlon Fit	Otc	Cycle Studio	
19:30 - 20:30	Master Swim	Otc	Outdoor Pool	
20:00 - 21:00	Body Balance	Hol	Studio 1	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-08:00	Group Cycling	Hec	Cycle Studio	
08:30-09:30	Senior Conditioning	Scs	Studio 1	S
08:30-09:30	Mature Movers	Scs	Studio 2	S
09:30-10:15	Group Cycling	Hec	Cycle Studio	*
09:30-10:30	Body Jam	Dan	Studio 1	*
09:30-10:30	Body Attack	Hec	Studio 2	*
10:30-12:00	Yoga	Hol	Studio 2	*
10:45-11:45	Body Pump	Scs	Studio 1	*
12:00-13:00	Pilates	Hol	Studio 1	*
13:30-14:30	Body Pump & Balance	Scs	Studio 1	*
18:00-18:45	Group Cycling	Hec	Cycle Studio	
18:00-19:00	Body Pump	Scs	Studio 1	
18:15-19:00	Aqua	Scs	Outdoor Pool	
18:30-20:00	Yoga	Hol	Studio 2	
19:00-21:00	Triathlon Fit	Otc	Cycle Studio	
19:00-20:00	Lose & Shape Up	Otc	Creche	£
19:00-20:00	Body Balance	Hol	Studio 1	
20:15-21:15	Boxercise	Hec	Studio 1	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Pump	Scs	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	*
09:30 - 10:30	Aerobics	Hec	Studio 1	*
09:30 - 10:30	Conditioning	Scs	Studio 2	*
10:30 - 11:30	Body Pump & Balance	Scs	Studio 1	*
10:30 - 11:30	Body Balance	Hol	Studio 2	*
11:15 - 12:00	Aqua	Scs	Outdoor Pool	*
11:30 - 12:30	Tai Chi	Hol	Studio 1	*
13:30 - 14:30	Body Balance	Hol	Studio 1	*
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:00 - 19:00	Legs, Bums & Tums	Scs	Studio 2	
18:30 - 19:30	Running Club	Otc	Outside	
19:00 - 20:00	Body Pump Express	Scs	Studio 1	
20:00 - 21:00	Kick Boxing	Hec	Studio 1	

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30-09:30	Body Balance	Hol	Studio 1	
09:30-10:30	Legs, Bums & Tums	Scs	Studio 1	*
09:30-10:30	Conditioning	Scs	Studio 2	*
09:30-10:15	Group Cycling	Hec	Cycle Studio	*
10:30-11:30	Body Combat	Hec	Studio 1	*
10:45-12:15	Introduction to Yoga	Hol	Studio 2	*
11:15-12:00	Aqua	Scs	Outdoor Pool	*
13:30-14:30	Body Pump & Balance	Scs	Studio 1	*
16:00-17:00	Body Pump & Balance	Scs	Studio 1	*
17:00-18:00	Group Exercise Welcome	Otc	Clubroom	
18:00-18:45	Group Cycling	Hec	Cycle Studio	
18:00-19:00	Body Pump	Scs	Studio 1	
18:00-18:45	Flexi Bar	Scs	Studio 2	
18:30-19:00	Beginners Jogging	Otc	Outside	
19:00-20:00	Body Combat	Hec	Studio 1	
19:00-20:00	Lose & Shape Up	Otc	Studio 2	£
19:30-21:00	Master Swim	Otc	Outdoor Pool	
20:00-21:30	Yoga	Hol	Studio 2	
20:00-21:00	Kick Boxing	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

