

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.15	RPM	Hec	Keiser Studio	
07.15-07.45	Body Pump	Scs	Studio 1	
09.30-10.25	Cardio Conditioning	Hec	Studio 1	
09.30-10.30	Keiser Cycling Advanced	Hec	Keiser Studio	A
10.00-10.30	Core Stability	Scs	Studio 2	
10.30-11.00	Core Stability	Scs	Studio 2	*
10.30-11.25	Salsa Dancing	Dan	Studio 1	*
11.30-12.25	Pilates Intermediate	Hol	Studio 2	
13.00-13.45	Aqua	Scs	Pool	
14.00-14.45	Senior Conditioning	Scs	Studio 1	
18.00-18.30	Group Exercise Welcome	Otc	Club Room	
18.15-19.00	RPM	Hec	Keiser Studio	
18.30-19.25	Body Combat	Hec	Studio 1	
18.30-19.25	Pilates Beginners	Hol	Studio 2	
19.30-20.15	Aqua	Scs	Pool	
19.30-20.25	Body Pump	Scs	Studio 1	
19.30-20.25	Street Dance	Dan	Studio 2	
19.45-20.30	Keiser Cycling	Hec	Keiser Studio	
20.30-21.25	Dance Fit	Dan	Studio 2	£,C
20.30-21.25	Training Club	Otc	Studio 1	£,C

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.15	Keiser Cycling	Hec	Keiser Studio	
07.15-07.45	Body Pump	Scs	Studio 1	
09.30-10.25	Body Pump	Scs	Studio 1	
09.30-10.30	Pre & Post Natal	Otc	Studio 2	
09.45-10.30	Keiser Cycling	Hec	Keiser Studio	
09.45-10.30	Aqua	Scs	Pool	
10.30-11.25	Legs, Bums & Tums	Scs	Studio 1	
10.45-11.30	Master Swim	Otc	Pool	£
10.45-12.00	Yoga	Hol	Studio 2	
11.00-11.45	Senior Club	Otc	Gym	
11.30-12.15	Master Swim	Otc	Pool	
12.30-13.00	Group Exercise Welcome	Otc	Club Room	
18.00-18.55	Pilates Intermediate	Hol	Studio 2	
18.15-19.10	Body Pump	Scs	Studio 1	
18.30-19.15	Keiser Cycling	Hec	Keiser Studio	
19.00-19.55	Dance Fit	Dan	Studio 2	£, C
19.15-20.10	Body Combat	Hec	Studio 1	
19.30-20.15	Aqua	Scs	Pool	
20.00-21.25	Yoga	Hol	Studio 2	
20.15-21.00	Lose & Shape Up	Otc	Studio 1	£,C

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Boot Camp	Hec	Sports Hall	
09.30-10.30	Keiser Cycling Advanced	Hec	Keiser Studio	
09.30-10.30	Circuits	Hec	Studio 1	
10.30-11.25	Body Conditioning	Scs	Studio 1	
10.30-11.25	Body Balance	Hol	Studio 2	
11.30-12.25	Line Dancing	Dan	Studio 1	
11.30-12.25	Yoga	Hol	Studio 2	
12.30-13.25	Senior Multi Circuits	Hec	Studio 1	S
18.00-18.45	Keiser Cycling	Hec	Keiser Studio	*
18.15-19.00	Legs, Bums & Tums	Scs	Studio 1	*
19.00-19.55	Body Attack	Hec	Studio 1	
19.00-19.55	Body Balance	Hol	Studio 2	
19.15-20.00	Keiser Cycling	Hec	Keiser Studio	
20.00-20.55	Body Conditioning	Scs	Studio 1	
20.00-21.00	Dance Fit	Dan	Studio 2	£,C

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	RPM	Hec	Keiser Studio	
09.30-10.25	Cardio Conditioning	Hec	Studio 1	
09.30-10.25	Pilates Beginners	Hol	Studio 2	
10.00-11.00	Master Swim	Otc	Pool	* £
10.30-11.15	Core Stability	Scs	Studio 2	*
10.30-11.25	Body Conditioning	Scs	Studio 1	*
11.00-11.45	Aqua	Scs	Pool	*
18.00-18.55	Body Attack	Hec	Studio 1	
18.00-19.25	Yoga	Hol	Studio 2	
19.00-19.55	Body Conditioning	Scs	Studio 1	
19.15-20.00	Keiser Cycling	Hec	Keiser Studio	A
20.05-20.50	Core Stability	Scs	Studio 2	
20.15-21.00	Step	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

