

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Circuits	Hec	Sports H	
09:30 - 10:15	Zone Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:45 - 10:30	Legs, Bums and Tums	Scs	Studio 2 - Part A	
10:30 - 11:00	JUKARI Fit to Flex	Otc	Studio 1	
11:00 - 11:45	Dance Fit	Otc	Studio 1	
11:45 - 12:40	Pilates Intermediate	Hol	Studio 2	
13:00 - 13:45	Aqua	Scs	Pool	
13:30 - 14:25	Senior Conditioning	Scs	Studio 1	
18:15 - 19:00	RPM	Hec	Spin Studio	
18:30 - 19:25	Body Combat	Hec	Studio 1	
18:30 - 19:25	Pilates Beginners	Hol	Studio 2	
19:00 - 19:30	Group Exercise Welcome	Otc	Club Rm	
19:00 - 19:55	Circuits	Hec	Sports H	
19:30 - 20:25	Body Pump	Scs	Studio 1	
19:45 - 20:30	Zone Cycling	Hec	Spin Studio	
20:30 - 21:30	Ballroom & Latin Dancing	Dan	Studio 1	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Conditioning	Scs	Studio 1	
09:30 - 10:30	Group Cycling Advanced	Otc	Spin Studio	
09:45 - 10:30	Core Stability	Scs	Studio 2	
10:30 - 11:15	Legs, Bums and Tums	Scs	Studio 2	
10:30 - 11:25	Zumba	Dan	Studio 1	
11:00 - 11:30	Group Exercise Welcome	Otc	Club Rm	
11:30 - 12:25	Line Dancing	Dan	Studio 1	
11:30 - 13:00	Yoga	Hol	Studio 2	
12:30 - 13:30	Senior Multi Circuits	Hec	Studio 1	
17:30 - 18:00	Family Cycle	Hec	Spin Studio	
18:15 - 19:00	Beginners Group Cycling	Hec	Spin Studio	
18:15 - 19:00	Body Conditioning	Scs	Studio 1	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 21:00	Lose & Shape Up	Otc	Meeting Rm	£
19:15 - 20:00	Group Cycling	Hec	Spin Studio	
20:00 - 20:55	Pilates Beginners	Hol	Studio 2	
20:00 - 20:55	Total Body Workout	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:00	Group Cycling	Hec	Spin Studio	
07:00 - 07:30	Body Pump	Scs	Studio 1	
09:30 - 10:15	Pre & Post Natal	Otc	Studio 2	
09:30 - 10:25	Body Pump	Scs	Studio 1	
09:45 - 10:30	Aqua	Scs	Ind Pool	
10:30 - 11:15	Body Attack	Hec	Studio 1	
10:30 - 12:30	Lose & Shape Up	Otc	Meeting Rm	
11:00 - 11:45	Senior Club	Otc	Gym	
11:15 - 11:45	Abs & Back	Scs	Studio 2	
12:30 - 13:15	Senior Club	Otc	Gym Area 1	
17:30 - 18:00	Family JUKARI Fit to Flex	Scs	Studio 2	
18:00 - 18:55	Pilates Intermediate	Hol	Studio 2	
18:30 - 19:15	Body Pump	Scs	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
19:15 - 20:10	Body Combat	Hec	Studio 1	
20:00 - 21:30	Yoga	Hol	Studio 2	
20:15 - 21:00	Zumba	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Spin Studio	
09:30 - 10:25	Pilates Beginners	Hol	Studio 2	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
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	Ind Pool	
11:30 - 12:25	Zumba	Dan	Studio 1	
11:30 - 13:00	Yoga	Hol	Studio 2	
18:00 - 19:30	Yoga	Hol	Studio 2	
18:45 - 19:30	Body Conditioning	Scs	Studio 1	
19:30 - 20:15	Body Attack	Hec	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Spin Studio	
20:00 - 21:00	Master Swim	Otc	Pool	£
20:15 - 21:00	Body Pump	Scs	Studio 1	
20:30 - 21:00	Abs & Back	Scs	Studio 2	

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

