



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-09.45	Cardio Conditioning	Hec	Gym	
09.30-10.25	Body Attack	Hec	Studio 1	
09.30-10.25	Body Vive	Scs	Studio 2	
09.45-10.25	Keiser Cycling	Hec	Gym	
10.30-11.25	Body Pump	Scs	Studio 1	
10.30-11.25	Pilates Fitness	Hol	Studio 2	
11.30-12.25	Body Combat	Hec	Studio 1	
11.35-12.20	Aqua	Scs	Pool	
17.30-18.00	Abs & Stretch	Scs	Studio 2	*
18.00-18.55	Body Combat	Hec	Studio 1	*
18.00-18.55	Pilates Fitness	Hol	Studio 2	*
18.15-19.00	Keiser Cycling	Hec	Gym	*
18.30-19.00	Group Exercise Welcome	Otc	Clubroom	*
19.00-19.45	Core Stability	Scs	Studio 2	
19.00-19.55	Body Pump	Scs	Studio 1	
19.00-20.00	Running Club	Otc	Outside	
19.30-20.30	Lose & Shape Up	Otc	Clubroom	
20.00-20.55	Body Jam	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling Express	Hec	Gym	
09.15-10.45	Hatha Yoga	Hol	Studio 2	
09.30-10.25	Body Attack	Hec	Studio 1	
09.30-10.15	Keiser Cycling	Hec	Gym	
10.30-11.25	Body Pump	Scs	Studio 1	
10.45-11.30	Mature Movers	Scs	Studio 2	
11.30-12.25	Pilates Fitness	Hol	Studio 2	
12.30-13.15	Aqua	Scs	Pool	
13.30-14.30	Coffee Club	Otc	Clubroom	
17.00-18.00	Family Circuits	Hec	Studio 1	*
18.00-18.55	Total Body Workout	Hec	Studio 1	*
18.00-19.30	Hatha Yoga	Hol	Studio 2	
18.15-19.00	Keiser Cycling	Hec	Gym	
19.00-19.45	Aqua	Scs	Pool	
19.00-19.55	Body Attack	Hec	Studio 1	
20.00-20.55	Body Pump	Scs	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.00	Step	Hec	Studio 1	
09.45-10.40	Body Balance	Hol	Studio 2	
10.00-10.40	Total Body Workout	Hec	Studio 1	
10.45-11.30	Legs, Bums & Tums	Scs	Studio 1	
11.00-11.30	Group Exercise Welcome	Otc	Clubroom	
11.30-12.25	Pilates	Hol	Studio 2	
18.00-18.55	Body Jam	Dan	Studio 1	*
18.00-18.30	Keiser Cycling Express	Hec	Gym	*
18.00-18.55	Body Balance	Hol	Studio 2	*
18.45-19.30	Row Fit	Otc	Gym	
19.00-19.55	Body Combat	Hec	Studio 1	
19.15-20.45	Iyengar Yoga	Hol	Studio 2	
19.30-20.30	Lose & Shape Up	Otc	Clubroom	
20.00-20.45	Keiser Cycling	Hec	Gym	
20.00-20.55	Kettle Bell	Scs	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.25	Body Combat	Hec	Studio 1	
09.30-11.00	Dynamic Yoga	Hol	Studio 2	
09.30-11.30	Walk Fit	Otc	Outside	
10.30-11.25	Total Body Workout	Hec	Studio 1	
11.30-12.25	Pilates Fitness	Hol	Studio 2	
12.30-13.30	Lose & Shape Up	Otc	Clubroom	
17.15-17.45	Abs & Stretch	Scs	Studio 2	*
18.00-18.30	Keiser Cycling Express	Hec	Gym	*
18.00-18.55	Body Balance	Hol	Studio 2	*
18.35-19.05	Body Pump Express	Scs	Studio 1	
19.10-19.30	Abs & Stretch	Scs	Studio 2	
19.30-20.30	Boxercise	Hec	Studio 1	
19.30-20.45	Iyengar Yoga Beginners	Hol	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

