

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:30 - 08:00	Boxercise	Hec	Studio	
09:30 - 10:25	Aerobics	Hec	Studio	A
10:30 - 11:20	Legs, Bums & Tums	Scs	Studio	
11:30 - 12:30	Pilates	Hol	Studio	
12:45 - 13:30	Aqua	Scs	Pool	
17:30 - 18:15	Step	Hec	Studio	
17:30 - 18:30	Keiser Cycling Advanced	Hec	Gym	A
18:15 - 19:15	Body Pump	Scs	Studio	
18:35 - 19:20	Keiser Cycling	Hec	Studio	
19:20 - 19:50	Boxercise	Hec	Studio	
19:50 - 20:50	Body Balance	Hol	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Keiser Cycling	Hec	Gym	
09:30 - 10:30	Body Pump	Scs	Studio	
10:40 - 11:55	Hatha Yoga	Hol	Studio	
17:30 - 18:00	Boot Camp	Hec	Studio	
17:30 - 18:15	Keiser Cycling Express	Hec	Gym	
18:00 - 18:50	Yoga	Hol	Studio 2	
18:00 - 18:45	Body Attack	Hec	Studio	
18:45-19:15	Abs & Back	Scs	Studio	
19:00-19:45	Keiser Cycling	Hec	Gym	
19:15 - 20:00	Multi Circuits	Hec	Studio	
20:00 - 20:45	Legs, Bums & Tums	Scs	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 07:45	Keiser Cycling Express	Hec	Gym	
09:30 - 10:15	Step	Hec	Studio	A
10:15 - 11:15	Body Sculpt	Scs	Studio	
17:30-18:00	Total Body Workout	Hec	Studio	
17:30-18:15	Keiser Cycling Advanced	Hec	Gym	
18.10-19.00	Step	Hec	Gym	A
18:30-19:00	Beginners Group Cycling	Hec	Gym	
19:00-19:55	Body Sculpt	Scs	Studio	
20:00-21:00	Pilates	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Keiser Cycling	Hec	Gym	
09:30 - 10:25	Tri Class	Hec	Studio	
10:30 - 11:30	Pilates	Hol	Studio	
11:45 - 12:30	Aqua	Scs	Pool	
17:30 - 18:00	Abs & Back	Scs	Gym	
18:00 - 19:00	Boxercise	Hec	Studio	
18:00 - 18:30	Keiser Cycling Express	Hec	Gym	
19:00 - 19:45	Body Jam	Dan	Studio	
19:00 - 19:45	Aqua	Scs	Pool	
19:45 - 20:45	Body Pump	Scs	Studio	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 09:45	Abs & Back	Scs	Studio	
09:45 - 10:40	Body Pump	Scs	Studio	
10:45 - 11:30	Salsa Aerobics	Dan	Studio	
11:30 - 12:30	Pilates	Hol	Studio	
17:10 - 17:40	Keiser Cycling Express	Hec	Studio	
17:45 - 18:45	Body Pump	Scs	Studio	
		Hec		

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Legs, Bums & Tums	Scs	Studio	
09:15 - 10:00	Aqua	Scs	Pool	
10:00 - 10:55	Step	Hec	Studio	A
10:15 - 11:15	Keiser Cycling	Hec	Gym	
11:00 - 12:00	Pilates	Hol	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15- 10:15	Body Attack	Hec	Studio	
10:15- 11:15	Body Sculpt	Scs	Studio	
10:15- 11:00	Keiser Cycling	Hec	Studio	
11:15- 12:15	Dynamic Yoga	Hol	Studio	
16:30- 17:30	Body Pump	Scs	Studio	

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):

High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):

Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):

Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scs):

Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):

A range of classes to help you enjoy exercise anytime.

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