

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Multi Circuits	Hec	Studio 1	
09.30-10.15	Aerobics	Hec	Studio 1	
10.15-11.15	Body Pump	Scs	Studio 1	
10.30-11.30	Vinyasa Yoga	Hol	Studio 2	
11.00-11.45	Aqua	Scs	Pool	
11.30-12.00	Core Stability	Scs	Gym	
11.30-12.30	Vinyasa Yoga Advanced	Hol	Studio 2	A
13.45-14.45	Legs, Bums & Tums	Scs	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Gym	
18.00-19.00	Body Pump	Scs	Studio 1	
18.00-19.00	Hatha Yoga	Hol	Studio 2	
18.30-19.15	Aqua	Scs	Pool	
18.30-19.00	Power Plate	Scs	Gym	C, £
19.00-19.45	RPM	Hec	Gym	
19.00-20.00	Legs, Bums & Tums	Scs	Studio 1	
19.00-20.00	Pilates	Hol	Studio 2	
19.00-20.00	Lose & Shape Up	Otc	Club Room	C, £
19.00-20.00	Back Care Fit	Otc	Gym	C
20.00-21.00	Body Jam	Dan	Studio 1	
20.00-21.00	Tai Chi	Hol	Studio 2	
20.00-21.00	Group Exercise Welcome	Otc	Club Room	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Aqua	Scs	Pool	
09.30-10.15	Body Combat	Hec	Studio 1	
09.30-10.30	Ski Fit	Otc	Gym	C
10.30-11.00	Power Plate	Scs	Gym	C, £
10.30-11.30	Legs, Bums & Tums	Scs	Studio 1	
11.15-12.30	Yoga	Hol	Studio 2	A
13.30-14.30	Body Pump	Scs	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Gym	*
18.15-19.15	Body Jam	Dan	Studio 1	
18.15-19.15	Body Vive	Scs	Studio 2	
18.30-19.15	Aqua	Scs	Pool	
18.45-20.00	Running Club	Otc	Outside	
19.15-20.00	Legs, Bums & Tums	Scs	Studio 1	
19.15-20.15	Pilates	Hol	Studio 2	
19.15-20.15	Lose & Shape Up	Otc	Gym	C, £
20.00-21.00	Body Combat	Hec	Studio 1	
20.15-21.15	Kick Boxing	Hec	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	RPM	Hec	Gym	
08.45-09.30	Body Combat	Hec	Studio 1	
09.30-10.30	Body Balance	Hol	Studio 2	
09.30-10.30	Body Combat	Hec	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Gym	
10.30-11.30	Body Jam	Dan	Studio 1	
10.30-11.30	Body Balance	Hol	Studio 2	
11.30-12.30	Body Vive	Scs	Studio 1	
12.00-13.00	Group Exercise Welcome	Otc	Club Room	
12.30-13.30	Tai Chi	Hol	Studio 1	
12.30-13.30	Pilates	Hol	Studio 2	
18.00-18.45	Body Combat	Hec	Studio 1	
18.00-18.45	Family Circuits	Hec	Studio 2	
19.00-19.45	Keiser Cycling	Hec	Gym	
19.00-20.00	Boxercise	Hec	Studio 1	
19.00-20.00	Body Balance	Hol	Studio 2	
19.00-20.00	Ski Fit	Otc	Gym	C
20.00-21.00	Yoga	Hol	Studio 2	
20.15-21.15	Body Pump	Scs	Studio 1	
21.00-22.00	Pole Dance	Dan	Studio 2	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Pump	Scs	Studio 1	
09.30-10.15	Aqua	Scs	Pool	
09.30-10.15	Keiser Cycling	Hec	Gym	
09.30-10.30	Step	Hec	Studio 1	
10.00-11.00	Pilates	Hol	Studio 2	
10.30-11.00	Core Stability	Scs	Gym	
10.35-11.35	Body Pump	Scs	Studio 1	
11.00-12.00	Pilates	Hol	Studio 2	
11.45-12.45	Body Balance	Hol	Studio 1	
12.00-13.00	Pre & Post Natal Yoga	Hol	Studio 2	
17.00-18.00	Body Combat	Hec	Studio 1	*
18.00-19.00	Body Pump	Scs	Studio 1	*
19.00-19.45	RPM	Hec	Gym	
19.00-20.00	Yoga	Hol	Studio 2	
19.00-20.00	Triathlon Fit	Otc	Gym	C
19.15-20.45	Boxercise	Hec	Studio 1	
20.00-21.00	Body Balance	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

