

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Master Swim	Otc	Pool	A
09.15-10.00	Keiser Cycling	Hec	Cycle Studio	
09.30-10.25	Stretch & Tone	Scs	Studio 2	*
09.45-10.30	Step	Hec	Studio 1	*
10.00-10.45	Aqua	Scs	Pool	*
10.30-11.25	Legs, Bums & Tums	Scs	Studio 1	*
10.30-11.25	Hatha Yoga	Hol	Studio 2	*
11.45-12.40	Senior Multi Circuits	Hec		
13.00-13.55	Body Pump	Scs	Studio 1	
13.15-14.00	Pilates	Hol	Studio 2	
17.00-17.45	Family Cycle	Hec	Cycle Studio	P*
18.00-18.30	RPM	Hec	Cycle Studio	
18.00-18.55	Legs, Bums & Tums	Scs	Studio 1	
18.30-19.15	Keiser Cycling	Hec	Cycle Studio	
18.30-19.15	Pilates	Hol	Studio 2	C,£
19.00-19.55	Boxercise	Hec	Studio 1	
19.15-20.10	Pilates	Hol	Studio 2	
20.00-21.00	Master Swim	Otc	Pool	A
20.00-20.55	Lose & Shape Up	Otc	Club Room	C,£
20.15-21.10	Conditioning	Scs	Studio 1	
20.30-21.25	Ballroom and Latin Dancing	Dan	Studio 2	C,£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Cycle Studio	
08.45-09.30	Pilates	Hol	Studio 2	
09.00-09.45	Keiser Cycling	Hec	Cycle Studio	
09.30-10.15	Stretch & Tone	Scs	Studio 2	*
09.30-10.25	Step	Hec	Studio 1	*
09.45-10.30	RPM	Hec	Cycle Studio	*
10.30-11.25	Conditioning	Scs	Studio 1	*
10.30-11.25	Senior Multi Circuits	Hec	Studio 2	S*
10.45-11.30	Aqua	Scs	Pool	
11.10-12.25	Vinyasa Yoga	Hol	Studio 2	
11.30-12.25	Legs, Bums & Tums	Scs	Studio 1	
12.45-14.15	Vinyasa Yoga Advanced	Hol	Studio 2	A
13.15-14.00	Pilates	Hol	Studio 2	
18.00-18.55	Body Attack	Hec	Studio 1	
18.30-19.25	Keiser Cycling	Hec	Cycle Studio	
19.00-19.55	Body Pump	Scs	Studio 1	
19.30-20.30	Master Swim	Otc	Pool	
20.00-20.55	Hatha Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Triathlon Fit	Otc	Studio 2	A
09.30-10.15	RPM	Hec	Cycle Studio	*
09.30-10.25	Legs, Bums & Tums	Scs	Studio 2	*
09.30-10.25	Aerobics	Hec	Studio 1	*
10.00-10.45	Aqua	Scs	Pool	*
10.00-11.00	Squash Club Day		Squash Court	*
10.30-11.15	Circuits	Hec	Studio 2	*
10.30-11.25	Pre & Post Natal	Otc		*
11.00-12.00	Back Care Fit	Otc	Gym	
11.30-12.25	Ashtanga Yoga	Hol	Studio 2	A
12.00-12.45	Keiser Cycling	Hec	Cycle Studio	
13.00-13.55	Show Time	Dan	Studio 1	
14.00-14.45	Pilates Advanced	Hol	Studio 1	A
18.15-19.10	Conditioning	Scs	Studio 1	
18.30-19.00	Core Stability	Scs	Studio 2	
19.00-19.45	RPM	Hec	Cycle Studio	
19.05-19.50	Stretch & Tone	Scs	Studio 2	
19.20-21.20	Squash Club Night		Squash Courts	
19.30-20.25	Circuits	Hec	Studio 1	A
20.00-20.55	Lose & Shape Up	Otc	Cycle Studio	£,C
20.15-21.45	Vinyasa Yoga	Hol	Studio 2	
20.30-21.25	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Master Swim	Otc	Pool	
09.30-10.25	Body Attack	Hec	Studio 2	*
09.30-10.15	RPM	Hec	Cycle Studio	*
09.30-10.25	Step	Hec	Studio 1	*
10.30-11.00	Core Stability	Scs	Studio 2	
10.30-11.25	Body Pump	Scs	Studio 1	
10.45-11.30	Aqua	Scs	Pool	
11.30-12.25	Show Time	Dan	Studio 1	
11.30-12.25	Pilates	Hol	Studio 2	
18.00-18.45	Boxercise	Hec	Studio 1	
18.15-19.00	Pilates	Hol	Studio 2	
18.45-18.30	Aerobics	Hec	Studio 1	
19.15-19.45	Core Stability	Scs	Studio 2	
19.45-20.40	RPM	Hec	Cycle Studio	
19.45-20.45	Ashtanga Yoga	Hol	Studio 2	
20.00-20.55	Back Care Fit	Otc	Gym	

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

