



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:45	Master Swim	Otc	Main Pool	
09:15 - 10:00	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scs	Studio 1	
09:30 - 10:25	Stretch & Tone	Scs	Studio 2	
10:00 - 10:45	Aqua	Scs	Main Pool	
10:30 - 11:25	Hatha Yoga	Hol	Studio 2	
10:30 - 11:25	Total Body Workout	Hec	Studio 1	
11:30 - 12:25	Zumba	Dan	Studio 2	
11:45 - 12:40	Senior Multi Circuits	Hec	Studio 1	
13:00 - 13:55	Body Pump	Scs	Studio 1	
13:15 - 14:00	Pilates	Hol	Studio 2	
18:00 - 18:55	Legs, Bums and Tums	Scs	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Boxing Circuit	Otc	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Club Rm	£
19:15 - 20:10	Pilates	Hol	Studio 2	
20:00 - 21:00	Master Swim	Otc	Main Pool	
20:15 - 21:10	Body Conditioning	Scs	Studio 1	
20:15 - 21:10	Zumba	Dan	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Triathlon Class	Otc	Cycle Studio	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Pre & Post Natal	Otc	Studio 2	
09:30 - 10:25	Aerobics	Hec	Studio 1	
09:30 - 10:30	Lose & Shape Up	Otc	Club Rm	£
10:00 - 10:45	Aqua	Scs	Main Pool	
10:30 - 11:25	Astanga Yoga	Hol	Studio 2	
10:30 - 11:25	Step	Hec	Studio 1	
11:45 - 13:00	Vinyasa Yoga	Hol	Studio 2	
13:00 - 13:55	Dance Fit	Otc	Studio 1	
14:00 - 14:45	Pilates Advanced	Hol	Studio 1	
17:45 - 18:30	Legs, Bums and Tums	Scs	Studio 2	
18:15 - 19:10	Body Conditioning	Scs	Studio 1	
18:30 - 19:00	Core Stability	Scs	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:30 - 20:25	Circuits	Hec	Studio 1	
20:15 - 21:45	Vinyasa Yoga	Hol	Studio 2	
20:30 - 21:15	Pilates	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
08:45 - 09:30	Pilates	Hol	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Stretch & Tone	Scs	Studio 2	
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:25	Body Conditioning	Scs	Studio 1	
10:30 - 11:25	Senior Multi Circuits	Hec	Gym	
10:45 - 11:30	Aqua	Scs	Main Pool	
11:10 - 12:25	Yoga	Hol	Studio 2	
12:45 - 14:15	Vinyasa Yoga Advanced	Hol	Studio 2	
13:15 - 14:00	Pilates	Hol	Studio 1	
18:00 - 18:55	Step	Hec	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Lose & Shape Up	Otc	Club Rm	£
19:05 - 20:00	Body Pump	Scs	Studio 1	
20:00 - 20:55	Hatha Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:45	Master Swim	Otc	Pool	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:30 - 10:25	Step	Hec	Studio 1	
09:30 - 10:30	Lose & Shape Up	Otc	Club Rm	£
10:30 - 11:25	Hatha Yoga	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scs	Studio 1	
10:45 - 11:30	Aqua	Scs	Main Pool	
11:30 - 12:25	Dance Fit	Otc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	
18:15 - 19:10	Pilates	Hol	Studio 2	
18:45 - 19:30	Aerobics	Hec	Studio 1	
19:15 - 19:45	Core Stability	Scs	Studio 2	
19:30 - 20:25	Zumba	Dan	Studio 1	
19:45 - 20:40	Astanga Yoga	Hol	Studio 2	
20:30 - 21:25	Tai Boxing	Hec	Studio 1	

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

