

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35 - 07:30	Body Pump	Sc	Studio 1	
08:00 - 08:55	Pilates	Hol	Studio 2	
09:00 - 09:55	Pilates	Hol	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
09:30 - 10:25	Body Pump	Sc	Studio 1	
10:00 - 10:55	Pilates Advanced	Hol	Studio 2	
10:30 - 11:25	Zumba	Dan	Studio 1	
11:30 - 12:00	JUKARI Fit to Flex	Otc	Studio 2	
11:30 - 12:25	Aerobics	Hec	Studio 1	
12:00 - 13:30	Hatha Yoga	Hol	Studio 2	
13:30 - 14:15	Aqua	Sc	Pool	
18:00 - 18:55	Pilates	Hol	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Spin Area	
18:45 - 19:40	Body Pump	Sc	Studio 1	
19:00 - 21:00	Lose & Shape Up	Otc	Gym Area 1	£
19:30 - 21:00	Hatha Yoga	Hol	Studio 2	
19:45 - 20:40	Body Combat	Hec	Studio 1	
20:00 - 20:45	Group Cycling	Hec	Spin Area	
20:00 - 21:00	Lose & Shape Up Follow On	Otc		£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Area	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
09:30 - 10:25	Body Vive	Sc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 11:25	Pilates Advanced	Hol	Studio 2	
11:30 - 12:25	Pilates	Hol	Studio 2	
13:15 - 14:00	Aqua	Sc	Pool	
18:00 - 18:55	Body Pump	Sc	Studio 1	
18:00 - 19:30	Dynamic Yoga	Hol	Studio 2	
19:00 - 19:55	Group Cycling	Hec	Spin Area	
19:00 - 19:55	Step	Hec	Studio 1	
19:00 - 19:55	Tai Boxing	Hec	Sports H	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:00 - 20:30	Core Stability	Sc	Gym	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Gym	
09:00 - 09:30	Abs & Back	Sc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
09:30 - 10:15	Pre & Post Natal	Otc	Studio 2	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:00 - 10:45	Aqua Zumba	Dan	Pool	
10:00 - 12:00	Lose & Shape Up	Otc	Gym Area 1	£
10:30 - 11:15	Stretch & Tone	Sc	Studio 2	
10:30 - 11:25	Body Pump	Sc	Studio 1	
11:00 - 12:00	Lose & Shape Up Follow On	Otc		£
11:15 - 12:00	Senior Multi Circuits	Hec	Gym	
11:30 - 12:25	Tai Chi	Hol	Studio 1	
13:00 - 13:55	Pilates	Hol	Studio 2	
18:00 - 18:55	Pilates	Hol	Studio 2	
18:30 - 19:25	Zumba	Dan	Studio 1	
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:25	Legs, Bums and Tums	Sc	Studio 1	
19:30 - 20:25	Tri Class	Hec	Gym	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Area	
09:30 - 10:25	Dance Fit	Otc	Studio 2	
09:30 - 10:25	Legs, Bums and Tums	Sc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 12:00	Hatha Yoga	Hol	Studio 2	
12:00 - 12:45	Senior Multi Circuits	Hec	Gym	
13:00 - 13:55	Pilates	Hol	Studio 2	
18:00 - 18:30	Core Stability	Sc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Area	
18:30 - 19:25	Body Attack	Hec	Studio 1	
19:00 - 20:30	Hatha Yoga	Hol	Studio 2	
19:30 - 20:25	Body Pump	Sc	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

