

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	Cycle Studio	
09.30-10.15	Salsa Aerobics	Dan	Studio 1	
09.30-10.15	Core Stability	Scs	Studio 2	
10.15-11.00	Keiser Cycling	Hec	Cycle Studio	
10.15-11.00	Legs, Bums & Tums	Scs	Studio 2	
10.30-11.30	Step	Hec	Studio 1	
11.30-12.30	Body Pump	Scs	Studio 1	
12.30-13.45	Hatha Yoga	Hol	Studio 2	
12.45-13.30	Body Vive	Scs	Studio 1	
13.30-14.30	Weight Loss Course	Otc	Club Room	E C
13.45-14.45	Hatha Yoga	Hol	Studio 2	
14.15-15.00	Aqua	Scs	Pool	
17.45-18.45	Step	Hec	Studio 1	A
18.00-19.00	Pilates	Hol	Studio 2	
18.30-19.15	Keiser Cycling	Hec	Cycle Studio	*
18.45-19.45	Body Pump	Scs	Studio 1	
19.00-20.00	Pilates Intermediate	Hol	Studio 2	
19.15-20.00	RPM	Hec	Cycle Studio	
19.45-20.30	Aqua	Scs	Pool	
20.00-20.45	Core Stability	Scs	Studio 2	
20.00-21.00	Body Balance	Hol	Studio 1	
20.15-21.00	Keiser Cycling	Hec	Cycle Studio	

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Cycle Studio	
09.30-10.15	Step	Hec	Studio 1	A
10.30-11.30	Pre & Post Natal	Otc	Studio 2	
10.30-11.30	Body Pump	Scs	Studio 1	
10.45-11.30	Keiser Cycling	Hec	Cycle Studio	
11.30-12.30	Body Jam	Dan	Studio 1	
11.45-12.15	Beginners Group Cycling	Hec	Cycle Studio	
12.30-13.15	Legs, Bums & Tums	Scs	Studio 1	
14.00-14.45	Aqua	Scs	Pool	
14.00-15.15	Hatha Yoga	Hol	Studio 1	
17.30-18.15	Salsa Aerobics	Dan	Studio 1	*
18.15-19.00	Core Stability	Scs	Studio 2	
18.15-19.00	Keiser Cycling	Hec	Cycle Studio	
18.15-19.15	Body Balance	Hol	Studio 1	
19.00-19.45	Aqua	Scs	Pool	*
19.00-20.00	Back Care Fit	Otc	Studio 2	C *
19.15-20.00	Body Vive	Scs	Studio 1	*
19.30-20.15	Keiser Cycling	Hec	Cycle Studio	
20.00-20.45	Body Attack Express	Hec	Studio 1	
20.00-21.00	Pilates Fitness	Hol	Studio 2	

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump Express	Scs	Studio 1	
09.30-10.30	Body Combat	Hec	Studio 1	
09.30-10.30	Keiser Cycling & Abs	Hec	Gym/Studio 2	
10.30-11.30	Conditioning	Scs	Studio 1	
10.45-11.30	Body Vive	Scs	Studio 2	
10.45-11.30	Aqua	Scs	Pool	
11.30-12.30	Body Balance	Hol	Studio 1	
11.30-12.30	Group Ex Welcome	Otc	Studio 2	
12.30-13.15	Keiser Cycling	Hec	Cycle Studio	
13.45-14.45	Pilates	Hol	Studio 1	
16.00-16.45	Legs, Bums & Tums	Scs	Studio 1	*
17.45-18.30	Legs, Bums & Tums	Scs	Studio 1	
18.00-19.00	Hatha Yoga	Hol	Studio 2	
18.30-19.30	Circuits	Hec	Studio 1	
18.45-19.45	RPM	Hec	Cycle Studio	A
19.00-20.00	Hatha Yoga	Hol	Studio 2	
19.45-20.30	Swim Fit	Otc	Pool	
19.45-20.45	Body Combat	Hec	Studio 1	
20.00-20.45	Keiser Cycling	Hec	Cycle Studio	
20.00-21.00	Weight Loss Course	Otc	Club Room	E C

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-09.15	Core Stability	Scs	Studio 1	
09.30-10.15	Cardio Conditioning	Hec	S1, Cycle Studio	
10.00-11.15	Iyengar Yoga	Hol	Studio 2	
10.15-11.00	Salsa Aerobics	Dan	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Cycle Studio	
11.00-11.45	Body Vive	Scs	Studio 1	
11.30-12.15	Aqua	Scs	Pool	
11.30-12.30	Back Care Fit	Otc	Studio 2	C
12.00-13.00	Pilates	Hol	Studio 1	
13.15-13.30	Introduction to Body Balance	Hol	Studio 1	
13.30-14.30	Body Balance	Hol	Studio 1	
16.45-17.30	Core Stability	Scs	Studio 2	*
17.45-18.30	RPM	Hec	Cycle Studio	*
17.45-18.30	Step	Hec	Studio 1	*
18.00-19.15	Ashtanga Yoga	Hol	Studio 2	
18.30-19.15	Legs, Bums & Tums	Scs	Studio 1	*
19.00-19.45	Keiser Cycling	Hec	Cycle Studio	
19.15-20.15	Body Combat	Hec	Studio 1	
19.15-20.15	Pilates Intermediate	Hol	Studio 2	
20.15-21.15	Body Pump	Scs	Studio 1	
20.15-21.15	Body Balance	Hol	Studio 2	

**KEY**

- E 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

