



MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---------------|-------------------------|----------|--------------|-----|
| 06:45 - 07:30 | Multi Circuits | Hec | Dance Studio | |
| 09:35 - 10:05 | Group Cycling | Hec | Cycle Studio | |
| 09:35 - 10:30 | Step | Hec | Studio 1 | |
| 09:45 - 10:30 | Aqua | Scs | Pool | |
| 10:35 - 11:30 | Legs, Bums & Tums | Scs | Studio 1 | |
| 11:30 - 12:00 | Lose & Shape Up Seminar | Otc | Conf Rm | |
| 11:45 - 12:30 | JUKARI Fit to Flex | Otc | Studio 1 | |
| 12:30 - 13:00 | Body Pump Express | Scs | Studio 1 | |
| 13:00 - 14:00 | Zumba | Dan | Studio 1 | |
| 14:00 - 14:45 | Yoga | Hol | Studio 1 | |
| 17:15 - 18:00 | Family Zumba (11yrs +) | Dan | Studio 1 | |
| 18:00 - 18:45 | Group Cycling | Hec | Cycle Studio | |
| 18:10 - 19:10 | Body Jam | Dan | Studio 1 | |
| 19:00 - 19:30 | Adult Swim | Otc | Main Pool | £ |
| 19:00 - 20:00 | Dance With David Lloyd | Otc | Func Rm | £ |
| 19:00 - 20:00 | Dance With David Lloyd | Otc | Func Rm | £ |
| 19:00 - 20:00 | Dance With David Lloyd | Otc | Func Rm | £ |
| 19:10 - 20:10 | Body Pump | Scs | Studio 1 | |
| 19:30 - 20:00 | Adult Swim | Otc | Main Pool | £ |
| 20:15 - 21:15 | Body Balance | Hol | Studio 1 | |
| | | | | |
| | | | | |

TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---------------|-------------------------|----------|-------------------|-----|
| 07:00 - 07:30 | Group Cycling | Hec | Cycle Studio | |
| 09:35 - 10:20 | Abs & Back | Scs | Gym Area 1 | |
| 09:35 - 10:30 | Body Pump | Scs | Studio 1 | |
| 10:30 - 11:15 | Ski Fit | Otc | Gym | |
| 10:30 - 11:15 | ViPR Taster | Otc | Gym Desk | |
| 10:35 - 11:30 | Body Jam | Dan | Studio 1 | |
| 12:30 - 13:30 | Senior Conditioning | Scs | Studio 1 | |
| 13:45 - 14:30 | Aqua | Scs | Pool | |
| 17:30 - 18:15 | Body Pump | Scs | Studio 1 | |
| 18:00 - 18:30 | Beginners Group Cycling | Hec | Cycle Studio | |
| 18:15 - 19:15 | Body Combat | Hec | Studio 1 | |
| 18:15 - 20:15 | Lose & Shape Up | Otc | Conf Rm | £ |
| 18:20 - 18:50 | Group Exercise Welcome | Otc | | |
| 18:30 - 19:00 | TRX Taster | Otc | Gym Desk - Part A | |
| 18:45 - 19:30 | Group Cycling | Hec | Cycle Studio | |
| 19:00 - 20:00 | Pilates | Otc | Func Rm | £ |
| 19:15 - 19:45 | Power Plate | Scs | | |
| 19:15 - 20:15 | Zumba | Dan | Studio 1 | |
| 19:30 - 20:15 | Aqua Zumba | Dan | Pool | |
| 20:15 - 21:15 | Body Balance | Hol | Studio 1 | |
| | | | | |
| | | | | |

WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---------------|-------------------------|----------|-------------------|-----|
| 06:45 - 07:30 | Body Combat | Hec | Studio 1 | |
| 09:35 - 10:30 | Body Combat | Hec | Studio 1 | |
| 09:45 - 10:30 | Aqua | Scs | Pool | |
| 09:45 - 10:30 | Group Cycling | Hec | Cycle Studio | |
| 10:35 - 11:30 | Body Balance | Hol | Studio 1 | |
| 10:45 - 11:30 | Power Plate | Scs | Gym Area 1 | |
| 11:00 - 11:30 | Group Exercise Welcome | Otc | | |
| 11:00 - 11:30 | TRX Taster | Otc | Gym Desk - Part A | |
| 12:30 - 13:00 | Body Pump Express | Scs | Studio 1 | |
| 13:30 - 14:30 | Tai Chi | Hol | Studio 1 | |
| 17:30 - 18:30 | Body Pump | Scs | Studio 1 | |
| 18:00 - 18:30 | Beginners Group Cycling | Hec | | |
| 18:00 - 19:00 | Karate | Hec | Func Rm | |
| 18:30 - 19:30 | Body Attack | Hec | Studio 1 | |
| 18:45 - 19:30 | Group Cycling | Hec | Cycle Studio | |
| 19:30 - 20:30 | Dynamic Yoga | Hol | Studio 1 | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---------------|-------------------|----------|----------------|-----|
| 07:00 - 07:30 | Group Cycling | Hec | Cycle Studio | |
| 09:35 - 10:30 | Step | Hec | Studio 1 | |
| 10:35 - 11:30 | Body Pump | Scs | Dance Studio | |
| 11:45 - 12:30 | YogaMoves | Hol | Studio 1 | |
| 12:30 - 13:30 | Zumba Gold | Otc | Studio 1 | |
| 13:45 - 14:30 | Aqua | Scs | Ind Pool, Pool | |
| 17:30 - 18:15 | Family Step | Otc | Studio 1 | |
| 18:00 - 18:45 | Ski Fit | Otc | Gym Area 1 | |
| 18:15 - 19:00 | Legs, Bums & Tums | Scs | Studio 1 | |
| 18:30 - 19:00 | Row Fit | Otc | Gym | |
| 19:00 - 19:45 | Group Cycling | Hec | Cycle Studio | |
| 19:00 - 20:00 | Body Combat | Hec | Studio 1 | |
| 19:30 - 20:30 | Trampolineing | Otc | Bad Crt 1 | |
| 20:00 - 21:00 | Body Pump | Scs | 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

