























































Monday		Aerobics 10:00 - 11:00  Studio 1	Easy Circuit 10:00 - 10:45  Sports Hall	Studio Cycling 10:15 - 11:00  Spin Studio	Mature Movers (Term Time) 11:00 - 11:45  Studio 1	Chair-Based 12:00 - 12:45  Studio 1	Studio Cycling 17:30 - 18:15  Spin Studio	Pilates 18:00-19:00  Studio 2	Mega Zumba 18:00 - 18:45  Sports Hall	Bodypump 18:00 - 19:00  Studio 1	Body Combat 19:15-20:15  Studio 1	Studio Cycling 19:15-20:00  Spin Studio	Aqua-Aerobics 19:30 - 20:15  Main pool
	Tuesday	Studio Cycling 06:45 - 07:30  Spin Studio	Bodypump 09:45 - 10:30  Studio 1		Mature Movers (Term Time) 10:45 - 11:30  Studio 1	Chair-Based 12:00 - 12:45  Studio 1	Heart Health 13:30 - 14:30  Studio 1	Studio Cycling 17:30 - 18:15  Spin Studio		Zumba 18:00 - 18:45  Shokk Studio	LBD 18:45 - 19:30  Shokk Studio		Studio Cycling 19:00 - 19:45  Spin Studio
Wednesday			Studio Cycling 09:45 - 10:30  Spin Studio	Activity Mix 10:00 - 10:45  Studio 1	Mature Movers (Term Time) 10:45 - 11:30  Studio 1	Zumba 11:30 - 12:15  Studio 1	Tai Chi 14:00 - 15:00  Studio 1	Studio Cycling Intro 17:30 - 18:00  Spin Studio	Aqua-Aerobics 18:00 - 18:45  Main pool	X- Training 18:15-19:00  Shokk Studio	Pilates 18:30 - 19:30  Studio 2	Body Combat 18:45-19:45  Studio 1	Studio Cycling 19:00 - 19:45  Spin Studio
	Thursday		Aerobics 10:00 - 11:00  Studio 1	Flex & Stretch 10:00 - 10:45  Shokk Studio	Chair-Based 11:15 - 12:00  Studio 1	Heart Health 13:00 - 14:00  Studio 1	Aquamed (Term Time) 13:45 - 14:30  Main pool	Abs Blast 17:30 - 18:00  Studio 2	Aerobics 18:00 - 19:00  Studio 1		Bodypump 19:15 - 20:15  Studio 1		Studio Cycling 19:30 - 20:15  Spin Studio
Friday			Zumba 09:30 - 10:15  Studio 1	Studio Cycling 10:15 - 11:00  Spin Studio	Mature Movers (Term Time) 10:45 - 11:30  Studio 1	Strictly Dance Fever 12:00 - 12:45  Shokk Studio		Studio Cycling 17:30 - 18:15  Spin Studio	Zumba 17:30 - 18:15  Studio 1	Bodypump 18:30 - 19:30  Shokk Studio			
	Saturday		MMA Fitness 09:00 - 10:00  Sports Hall	Studio Cycling 10:15 - 11:00  Spin Studio									
Sunday			Zumba 9:30 - 10:15  Sports Hall	Studio Cycling 10:15 - 11:00  Spin Studio	Bodypump 11:15-12:15  Studio 1				Ladies Only Boxercise 18:00-18:45  Studio 1				