

	06:00-11:30 (OFF PEAK)			11:30-13:30 (PEAK)		13:30-15:30 (OFF PEAK)	15:30-20:00 (PEAK)				20:00-22:30 (OFF PEAK)				
MONDAY	07:00-07:45 Wake Up Yoga Dojo Helen	09:30-10:35 Body Pump Studio 1 Jan		12:15-13:15 Pilates Studio 2 Claire	13:00-13:45 Beginner's Yoga Dojo Tina	14+	6:40-17:10 Abs Tone Studio 1 Dennis	14+	17:20-18:20 Pilates Studio 2 Esther	14+	17:55-18:25 Sprint Cycle Studio Emma B	14+	18:40-19:10 GRIT Studio 2 Helen S	20:30-21:30 Boxercise Studio 1 Emma J	14+
	07:00-07:30 14+ Sprint Cycle Studio Kyle	10:40-11:30 14+ RPM Cycle Studio Jan		12:30-13:30 Women's Weights Ergo Chris S			17:00-17:50 14+ Cycle Cycle Studio Paul	14+	17:30-18:30 14+ Hatha Yoga Dojo Roo	14+	18:15-19:15 14+ Zumba Studio 1 Katerina	14+	19:15-20:15 Body Pump Studio 1 Emma B		
	07:40-08:10 CXWorx Studio 1 Kyle	11:25-12:10 14+ Body Balance Studio 1 Yvonne		12:30-13:15 Cycle Cycle Studio Janet			17:15-18:15 14+ Circuits Studio 1 Dennis	14+	18:00-19:00 Strength Training Ergo Chris S	14+	18:30-19:15 14+ Aqua Fit Pool Yvonne	14+	19:25-20:15 14+ LBT Studio 2 Esther		
TUESDAY	06:45-07:35 Body Pump Studio 1 Esther	09:30-10:30 14+ Body Attack Studio 1 Nat		12:10-12:55 Lower Body Condition Ergo Laura	12:30-13:15 Swim Fitness Pool Kieron	14+	13:15 – 13:45 GRIT Studio 2 Kellie		17:00-18:00 14+ Cycle Cycle Studio Paul	14+	17:15-18:15 14+ Tone Studio 2 Yvonne	14+	18:05-19:05 14+ Cycle Cycle Studio Paul	18:30-19:30 Strength Training Performance Gym Wayne	19:30-20:30 14+ LBT Studio 1 Vicki
	07:15-08:15 Cycle Cycle Studio Chris Z	10:30-11:15 Body Pump Studio 1 Nat		12:15-13:15 14+ Flow Yoga Dojo Dave	13:00-13:45 14+ Tone Studio 1 Laura	14+	17:15-18:15 14+ Campus Circuits Reception Dennis	14+	17:15-18:15 Yin Yoga Dojo Roo	14+	18:30-19:30 14+ Body Combat Studio 1 Shereece	14+	18:30-19:20 14+ Body Balance Helen Dojo		
	08:00-08:45 Pilates IBR, Med School Esther	11:15-12:00 14+ Pilates Studio 2 Laura		12:20 – 13:10 14+ RPM Cycle Studio Yvonne	13:00-13:45 Women's Weights Ergo Wayne		17:15-18:15 Women's Weights Ergo Wayne		17:20-18:25 Body Pump Studio 1 Helen	14+	18:30-19:30 14+ Circuits Slater Hall Dennis	14+			
WEDNESDAY	06:35-07:25 14+ RPM Cycle Studio Kyle	07:30-08:30 14+ Wake Up Yoga Dojo Sarah	10:30-11:35 Body Pump Studio 1 Laura	12:00-13:00 Ashtanga Yoga Dojo Robin	13:00-14:00 14+ Pilates Studio 2 Laura	14+	16:20-17:20 14+ Boxercise Studio 1 David	14+	17:25-18:25 14+ Body Attack Studio 1 Rachel	14+	18:25-19:30 Body Pump Studio 1 Kyle			19:35-20:25 14+ Sh'Bam Studio 1 Kyle	
	07:30-08:30 Upper Body Condition Ergo Laura	09:30-10:30 14+ Body Combat Studio 1 aura	11:00-11:45 Aqua Fit Pool Esther	12:05-12:50 14+ Cycle Cycle Studio Laura			17:00-18:00 14+ Flow Yoga Studio 2 Tina	14+	18:05-19:05 14+ LBT Studio 2 Olga	14+	18:55-19:55 14+ Cycle Cycle Studio Sophie D	14+			
	07:30-08:00 14+ CXWorx Studio 1 Kyle	10:00-11:00 Yin Yoga Dojo Roo		12:30-13:30 Strength Training Ergo Chris S			17:05-17:55 14+ RPM Cycle Studio Yvonne	14+	18:05-18:50 14+ Beginner's Cycle Cycle Studio Sophie D	14+	19:10-20:00 14+ Barre Studio 2 Rachel	14+			
THURSDAY	06:30-07:15 RPM Cycle Studio Sally	09:30-10:20 14+ RPM Cycle Studio Yvonne		12:15-13:00 Strength Training Ergo Wayne	13:00-13:50 Body Pump Studio 1 Laura		14:00-15:00 Arms & Abs Ergo Laura		17:00-18:00 14+ RPM Cycle Studio Sally	14+	17:15-18:10 14+ LBT Studio 2 Rachel	14+	18:15-19:15 14+ Body Attack Studio 1 Helen		20:00-21:00 14+ Zumba Studio 2 Yasmin
	07:30-08:30 Flow Yoga Dojo Nick	10:30-11:15 14+ Barre Studio 1 Yvonne		12:15-12:45 14+ Sprint Cycle Studio Helen	13:00-14:00 14+ Hatha Yoga Dojo Roo	14+	17:10-18:15 Body Pump Studio 1 Michelle		18:10-19:10 14+ Cycle Cycle Studio Paul	14+	18:15-19:15 Total Body HIIT Ergo Janine				
	07:30-08:30 Cycle Cycle Studio Chris Z	10:45-11:45 14+ Beginner's Pilates Studio 2 Esther		12:30-13:15 14+ Swim Fitness Pool Kieron	13:05-13:50 14+ Beginner's Cycle Cycle Studio Esther	14+	17:15-18:15 Women's Weights Ergo Janine		18:15-19:15 14+ Flow Yoga Studio 2 Nina	14+	19:15-20:15 14+ Tone Studio 1 Yvonne	14+			
FRIDAY	07:00-08:00 Body Pump Studio 1 Helen	09:25-10:25 Pilates Dojo Julia	10:35-11:35 Body Pump Studio 1 Nat	12:00-13:00 14+ Hatha Yoga Dojo Natalie	12:30-13:15 14+ Abs Tone Studio 2 Dennis	14+	15:00-16:00 14+ Pilates Studio 2 Laura	14+	16:15-17:15 14+ Cycle Cycle Studio Laura	14+	17:20-18:20 14+ Body Combat Studio 1 Laura	14+	18:05-18:35 GRIT Studio 2 Sharyn		
	07:30-08:30 14+ Wake Up Yoga Dojo Chris R	09:35-10:35 14+ Body Combat Studio 1 Nat		12:15-13:00 Women's Weights Ergo Wayne	13:00-13:45 14+ Tone Studio 1 Laura	14+	16:30-17:15 14+ Abs Tone Studio 1 Yvonne	14+	17:20-18:20 14+ Slow Flow Yoga Dojo Helen	14+	18:20-19:25 Body Pump Studio 1 Esther				
	07:30-08:30 Cycle Cycle Studio Paul	10:30-11:30 Tai Chi Dojo Yang		12:15-13:00 14+ Aqua Fit Pool Michelle	13:10-13:55 14+ Cycle Cycle Studio Esther	14+	17:15-18:00 14+ Circuits Slater Hall Dennis	14+	17:25-18:10 14+ RPM Cycle Studio Yvonne	14+					
07:00-08:30 (OFF PEAK)		08:30-13:00 (PEAK)					13:00-20:00 (OFF PEAK)								
SATURDAY	07:30-08:30 Cycle Cycle Studio Sophie D	09:05-09:55 14+ Body Attack Studio 1 Helen	09:30-10:30 Tai Chi Olav Studio 2	10:00-11:00 14+ Strength Training Performance Gym Simon			12:15-13:15 14+ Body Balance Studio 1 Helen	14+	13:35-14:05 CXWorx Studio 1 Jan						
		09:10-10:00 14+ RPM Cycle Studio Kyle	09:55-10:55 Body Pump Studio 1 Helen	11:10-12:10 14+ Tone Studio 1 Yvonne			13:00-13:30 14+ Sprint Cycle Studio Jan	14+							
07:00-20:00 (OFF PEAK)															
SUNDAY	09:00-10:00 Strength Training Performance Gym Janine	10:00-11:00 Women's Weights Performance Gym Janine	10:25-11:30 Body Pump Studio 1 Charlotte	11:30-12:30 14+ Body Combat Studio 1 Sue	14:00-15:05 Body Pump Studio 1 Laura										
	09:30-11:00 Iyengar Yoga Dojo Ruth	10:20-11:20 14+ Cycle Cycle Studio Jacqui	12:00-12:00 Total Body HIIT Performance Gym Janine	12:00-12:45 14+ Aqua Fit Pool Jacqui	15:10-16:10 14+ Body Balance Studio 1 Laura										

DESCRIPTION KEY

CARDIO

DANCE

AQUA

HOLISTIC/FLEXIBILITY

TONING

SMALL GROUP TRAINING

14+ CLASS SUITABLE FOR JUNIORS AGED 14+