

| | 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 Sarah | 07:40-08:10 CXWorx Studio 1 Kyle | 10:40-11:30 RPM (Cycle) Cycle Studio Jan | 12:15-13:15 Pilates Studio 2 Claire | 12:30-13:15 Aqua Fit Pool Yvonne | 13:15-14:00 Women's Weights Ergo Chris S | 14:00-15:00 Flow Yoga Dojo Roo | 16:40-17:10 Abs Tone Studio 1 Dennis | 17:15-18:15 Circuits Studio 1 Dennis | 17:55-18:25 Sprint Cycle Studio Helen | 18:15-19:15 Women's Weights Ergo Chris S | 18:40-19:10 GRIT Studio 2 Helen | 19:20-20:15 LBT Studio 2 Esther | 20:30-21:30 Boxercise Studio 1 Emma J |
| | 07:00-07:30 Sprint (Cycle) Cycle Studio Kyle | 09:30-10:35 Body Pump Studio 1 Jan | 11:25-12:10 Tone Studio 1 Yvonne | 12:30-13:15 Strength Training Ergo Chris S | 13:00-13:45 Beginner's Yoga Dojo Tina | | | 17:00-18:00 Hatha Yoga Dojo Roo | 17:15-18:15 Strength Training Ergo Chris S | 18:00-19:00 Iyengar Yoga Dojo Ruth | 18:30-19:15 Aqua Fit Pool Olga | 19:15-20:15 Body Pump Studio 1 Emma B/Isaac | | 20:15-21:00 Sh'Bam Studio 2 Helen |
| | 07:15-08:00 Body Combat Studio 2 Sue | 10:35-11:20 Body Balance Studio 1 Yvonne | | 12:30-13:15 Cycle Cycle Studio Adrian | 13:00-13:50 Body Pump Studio 1 Esther | | | 17:00-17:50 Cycle Cycle Studio Chris A | 17:20-18:20 Pilates Studio 2 Esther | 18:15-19:15 Zumba Studio 1 Katerina | 18:30-19:15 Beginner's Cycle Cycle Studio Esther | 19:15-20:15 Total Body HIIT Ergo Simon | | |
| TUESDAY | 06:45-07:35 Body Pump Studio 1 Esther | 08:00-08:45 Pilates IBR, Med School Esther | 11:15-12:00 Pilates Studio 2 Laura | 12:10-12:55 Lower Body Condition Ergo Laura | 12:30-13:15 Swim Fitness Pool Kieron | | 13:20-14:00 Barre Studio 2 Yvonne | 16:15-17:15 Zumba Studio 1 Yasmin | 17:15-18:00 Body Balance Dojo Helen | 17:15-18:15 Tone Studio 2 Yvonne | 18:15-19:05 Body Pump Studio 1 Helen | 19:10-19:40 Sprint Cycle Studio | | 20:00-21:00 LBT Studio 1 Vicki |
| | 07:15-08:15 Cycle Cycle Studio Chris Z | 09:30-10:30 Body Attack Studio 1 Nat | | 12:15-13:15 Flow Yoga Dojo Dave | 13:00-13:45 Tone Studio 1 Laura | | | 17:00-18:00 Cycle Cycle Studio Paul | 17:15-18:15 Women's Weights Ergo Wayne | 18:05-19:05 Cycle Cycle Studio Paul | 18:15-19:15 Yin Yoga Dojo Roo | 19:10-20:00 Body Attack Studio 1 Fiona | | |
| | 07:30-08:30 Wake Up Yoga Dojo Nick | 10:30-11:15 Body Pump Studio 1 Nat | | 12:20-13:10 RPM Cycle Studio Yvonne | 13:00-13:45 Women's Weights Ergo Wayne | | | 17:00-18:00 Campus Circuits Reception Dennis | 17:15-18:15 Body Combat Studio 1 Shereece | 18:30-19:30 Strength Training Performance Gym Wayne | 18:15-19:15 Circuits Studio 2 Dennis | | | |
| WEDNESDAY | 06:35-07:25 RPM Cycle Studio Kyle | 07:30-08:30 Wake Up Yoga Dojo Sarah | 10:30-11:35 Body Pump Studio 1 Laura | 12:00-13:00 Ashtanga Yoga Dojo Robin | 12:30-13:00 CXWorx Studio 1 Jan | 13:00-13:45 Intro to Strength Ergo Chris S | 14:00-15:00 Beginner's LBT Studio 2 Esther | 16:00-17:00 Arms & Abs Performance Gym Sophie K | 17:05-17:55 RPM Cycle Studio Yvonne | 18:05-19:05 LBT Studio 2 Olga | 18:55-19:55 Cycle Cycle Studio Sophie D | | | 19:35-20:25 Sh'Bam Studio 1 Kyle |
| | 07:30-08:30 Upper Body Condition Ergo Laura | 09:30-10:30 Body Combat Studio 1 Laura | 11:00-12:00 Beginner's Cycle Cycle Studio Esther | 12:15-13:00 Women's Weights Ergo Chris S | 12:30-13:15 Aqua Fit Pool Esther | 13:05-13:35 Body Pump Express Studio 1 Jan | | 16:20-17:20 Boxercise Studio 1 David | 17:30-18:30 Body Attack Studio 1 Rachel | 18:05-18:50 Beginner's Cycle Cycle Studio Sophie D | 19:00-20:00 Barbells Ergo Joe | | | 20:30-21:00 Barre Studio 1 Rachel |
| | 07:30-08:00 CXWorx Studio 1 Kyle | 10:00-11:00 Yin Yoga Dojo Roo | | 12:05-12:50 Cycle Cycle Studio Laura | 13:00-14:00 Pilates Studio 2 Laura | | | 17:00-18:00 Flow Yoga Studio 2 Tina | 18:00-19:00 Women's Yoga Dojo Medina | 18:30-19:30 Body Pump Studio 1 Kyle | 19:10-20:00 Tone Studio 2 Rachel | | | |
| THURSDAY | 06:30-07:15 Circuits Studio 1 Patrick | 07:30-08:30 Cycle Cycle Studio Chris Z | 10:30-11:25 Tone Studio 1 Yvonne | 12:10-13:00 Beginners LBT Studio 2 Esther | 12:30-13:15 Swim Fitness Pool Kieron | 13:00-14:00 Beginner's Body Pump Studio 1 Laura | 14:00-15:00 Arms & Abs Ergo Laura | 17:00-18:00 Cycle Cycle Studio Chris A | 17:15-18:10 LBT Studio 2 Rachel | 18:15-19:15 Body Attack Studio 1 Helen | 19:15-20:15 Body Balance Studio 1 Yvonne | | | 20:15-21:15 Zumba Studio 1 Vincenza |
| | 07:15-08:00 Pilates Dojo Nick | 08:15-09:15 Flow Yoga Dojo Nick | 10:45-11:45 Beginner's Pilates Studio 2 Esther | 12:15-13:00 Strength Training Ergo Wayne | 13:00-14:00 Hatha Yoga Dojo Roo | 13:00-13:45 Pilates Studio 2 Claire | | 17:10-18:15 Body Pump Studio 1 Michelle | 18:10-19:10 Cycle Cycle Studio Paul | 18:15-19:15 Total Body HIIT Ergo Janine | | | | |
| | 07:20-07:50 Body Attack Express Studio 1 Patrick | 09:30-10:20 RPM (Cycle) Cycle Studio Yvonne | | 12:15-12:45 Sprint (Cycle) Cycle Studio | 13:00-13:45 Legs & Glutes Ergo Wayne | 13:05-13:50 Beginner's Cycle Cycle Studio Esther | | 17:15-18:15 Women's Weights Ergo Janine | 18:15-19:00 Beginner's Yoga Studio 2 Medina | 19:00-20:00 Squats & Deadlifts Performance Gym Sophie K | | | | |
| FRIDAY | 07:00-08:00 Body Pump Studio 1 Helen | 09:30-10:30 Body Combat Studio 1 Nat | | 12:00-13:00 Hatha Yoga Dojo Natalie | 12:30-13:15 Abs Tone Studio 2 Dennis | 13:10-13:55 Cycle Cycle Studio Esther | 13:15-14:00 Body Jam Studio 2 Michelle | 16:30-17:15 Body Balance Studio 1 Yvonne | 17:20-18:20 Body Combat Studio 1 Laura | 18:00-18:30 GRIT Studio 2 Sharyn | 18:30-19:00 CXWorx Studio 2 Sharyn | | | 19:30-20:30 Flow Yoga Studio 1 Richard |
| | 07:30-08:30 Wake Up Yoga Dojo Roo | 10:30-11:35 Body Pump Studio 1 Nat | | 12:15-13:00 Women's Weights Ergo Wayne | 13:00-13:45 Tone Studio 1 Laura | | 15:00-16:00 Pilates Studio 2 Laura | 16:15-17:15 Cycle Cycle Studio Laura | 17:20-18:20 Candlelit Yoga Dojo Helen | 18:10-18:55 Aqua Natal Pool Jacque | | | | |
| | 07:30-08:30 Cycle Cycle Studio Paul | 10:30-11:30 Tai Chi Dojo Yang | | 12:15-13:00 Aqua Fit Pool Michelle | 13:00-14:00 Ashtanga Yoga Dojo Robin | | | 17:00-18:00 Circuits Studio 2 Dennis | 17:25-18:10 RPM Cycle Studio Yvonne | 18:20-19:25 Body Pump Studio 1 Esther | | | | |

| | 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 | 09:10-10:00 Body Attack Studio 1 Helen | 09:30-10:30 Wake Up Yoga Dojo Fer | 10:00-11:00 Body Pump Studio 1 Helen | 10:30-11:30 Zumba Step Studio 2 Yasmin | 11:05-11:50 Tone Studio 1 Yvonne | 12:30-13:30 Body Balance Studio 1 Helen | 13:35-14:05 CXWorx Studio 1 Jan |
| | 08:30-09:30 Tai Chi Olav Studio 2 | 09:15-10:05 RPM (Cycle) Cycle Studio Kyle | 10:00-11:00 Women's Weights Performance Gym Simon | 10:10-11:10 Cycle Cycle Studio Emma B/Paul | 11:00-11:45 Teen Strength Performance Gym Simon | 11:55-12:25 Barre Studio 1 Yvonne | 13:00-13:30 Sprint (Cycle) Cycle Studio Jan | |
| 07:00-20:00 (OFF PEAK) | | | | | | | | |
| SUNDAY | 09:00-10:00 Strength Training Performance Gym Janine | 09:30-11:00 Iyengar Yoga Dojo Ruth | 10:20-11:20 Cycle Cycle Studio Jacqui | 11:30-12:30 Body Combat Studio 1 Sue | 12:35-13:05 Barre Studio 1 Eloise | 14:00-15:05 Body Pump Studio 1 Laura | 19:00-20:00 Flow Yoga Studio 1 Richard | |
| | 09:30-10:15 Beginner's Cycle Cycle Studio Jacqui | 11:00-11:00 Women's Weights Performance Gym Janine | 12:00-12:00 Total Body HIIT Performance Gym Janine | 12:00-12:45 Aqua Fit Pool Jacqui | 13:10-13:55 Body Jam Studio 1 Eloise | 15:10-16:10 Body Balance Studio 1 Laura | | |

DESCRIPTION KEY

CARDIO

DANCE

AQUA

HOLISTIC/FLEXIBILITY

TONING

SMALL GROUP TRAINING

14+ CLASS SUITABLE FOR JUNIORS AGED 14+