

	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	09:25-10:30 Body Pump Studio 1 Jan	11:25-12:10 Body Balance Studio 1 Yvonne	12:25-12:55 Pilates Studio 2 Esther	13:00-13:45 Beginner's Yoga Dojo Nina		14:00-15:00 Flow Yoga Dojo Nina	16:40-17:10 Abs Tone Studio 1 Dennis	17:00-17:30 Body Attack Studio 2 Emma B	17:35-18:25 Pilates Studio 2 Esther	18:15-19:15 Zumba Studio 1 Katerina	18:35-19:20 Beginner's Cycle Cycle Studio Esther	19:30-20:15 LBT Studio 2 Esther	20:30-21:30 Boxercise Studio 1 Emma J
	07:00-07:30 Sprint Cycle Studio Kyle	10:40-11:30 RPM Cycle Studio Jan		12:25-13:10 Strength Training Ergo Chris S	13:05-13:50 Body Pump Studio 1 Esther			17:00-17:50 Cycle Cycle Studio Paul	17:15-18:15 Strength Training Ergo Chris S	17:55-18:25 Sprint Cycle Studio Emma B	18:15-19:00 Aqua Fit Pool Yvonne	18:40-19:10 GRIT Studio 1 Helen S		
	07:40-08:10 CXWorx Studio 1 Kyle	10:35-11:25 Tone Studio 1 Yvonne		12:30-13:15 Cycle Cycle Studio Janet	13:15-14:00 Women's Weights Ergo Chris S			17:10-18:00 Body Balance Dojo Rachel	17:15-18:10 Circuits Studio 1 Dennis	18:00-19:00 Hatha Yoga Dojo Victoria	18:20-19:20 Women's Weights Ergo Chris S	19:15-20:15 Body Pump Studio 1 Emma B		
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 Beccy	13:00-13:30 RPM Cycle Studio Yvonne	14:00-14:45 Cycle Cycle Studio Kieron	17:00-18:00 Cycle Cycle Studio Paul	17:15-18:15 Yin Yoga Studio 2 Yvonne	18:05-19:05 Cycle Cycle Studio Paul	18:30-19:30 Strength Training Performance Gym Wayne	19:15-20:05 Body Pump Studio 1 Shereece		20:00-21:00 Strength Training Ergo Joanna
	07:15-08:15 Cycle Cycle Studio Chris Z	09:30-10:30 Body Attack Studio 1 Nat	11:25-12:10 Barre Studio 1 Yvonne	12:15-13:15 Flow Yoga Dojo Dave	13:00-13:45 Tone Studio 1 Laura			17:15-18:10 Campus Circuits Reception Dennis	17:15-18:15 Yin Yoga Dojo Chris R	18:15-19:10 Body Combat Studio 1 Shereece	18:20-19:10 Body Balance Helen Dojo			20:05-21:00 LBT Studio 1 Vicki
	07:30-08:30 Wake Up Yoga Studio 2 Nick	10:35-11:20 Body Pump Studio 1 Nat		12:15-12:45 GRIT Studio 2 Kellie	13:00-13:45 Women's Weights Ergo Wayne			17:15-18:15 Women's Weights Ergo Wayne	17:15-18:10 Body Pump Studio 1 Helen	18:15-19:15 Circuits Studio 2 Dennis	19:10-19:40 Sprint Cycle Studio Emma B			
WEDNESDAY	06:35-07:25 RPM Cycle Studio Kyle	07:35-08:05 CXWorx Studio 1 Kyle	10:25-11:25 Body Pump Studio 1 Laura	12:00-13:00 Ashtanga Yoga Dojo Robin	12:30-13:00 CXWorx Studio 1 Jan	13:10-13:40 Body Pump Studio 1 Jan	14:00-14:45 Beginner's LBT Studio 2 Esther	16:20-17:20 Boxercise Studio 1 David	17:25-18:25 Body Attack Studio 1 Rachel	18:05-18:50 Beginner's Cycle Cycle Studio Sophie D	19:10-20:00 Barre Studio 2 Rachel			19:35-20:20 Sh'Bam Studio 1 Kyle
	07:30-08:30 Upper Body Condition Ergo Laura	09:20-10:20 Body Combat Studio 1 Laura	11:00-11:45 Aqua Fit Pool Esther	12:15-13:00 Women's Weights Ergo Chris S	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 Satwant	18:25-19:30 Body Pump Studio 1 Kyle				20:20-21:20 Tai Chi Studio 1 Yang
	07:30-08:30 Wake Up Yoga Dojo Sarah	10:00-11:00 Yin Yoga Dojo Emily	11:25-12:20 Zumba Studio 1 Katerina	12:05-12:50 Cycle Cycle Studio Laura	13:05-13:50 Strength Training Ergo Chris S			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				
THURSDAY	07:00-07:45 Pilates Dojo Nick	09:30-10:20 RPM Cycle Studio Yvonne	10:45-11:45 Beginner's Pilates Studio 2 Esther	12:10-13:00 LBT Studio 2 Esther	12:30-13:15 Swim Fitness Pool Kieron	13:05-13:50 Legs & Glutes Ergo Wayne	14:00-15:00 Arms & Abs Ergo Laura	17:00-18:00 RPM Cycle Studio Sally	17:15-18:10 Beginners LBT Studio 2 Rachel	18:15-18:15 Flow Yoga Studio 2 Nina	19:15-20:10 Zumba Studio 1 Yasmin			20:10-21:15 Body Pump Studio 1
	07:30-08:15 Cycle Cycle Studio Chris Z	10:30-11:30 Kundalini Yoga Dojo Satwant		12:15-13:00 Strength Training Ergo Wayne	13:00-13:50 Body Pump Studio 1 Laura		14:00-14:50 Beginner's Cycle Cycle Studio Esther	17:05-18:05 Body Pump Studio 1 Michelle	18:10-19:10 Cycle Cycle Studio Paul	18:15-19:15 Total Body HIIT Ergo Janine			20:15-21:00 L.B.T. Step Studio 2 Harryson	
	07:50-08:50 Flow Yoga Dojo Nick	10:30-11:25 Tone Studio 1 Yvonne		12:15-12:45 Sprint Cycle Studio Helen	13:00-14:00 Hatha Yoga Dojo Tina			17:15-18:15 Women's Weights Ergo Janine	18:10-19:05 Body Attack Studio 1 Helen	19:15-20:10 Body Balance Studio 2 Yvonne				
FRIDAY	06:30-07:20 RPM Cycle Studio Sally	07:30-08:30 Cycle Cycle Studio Paul	10:35-11:35 Body Pump Studio 1 Nat	12:00-13:00 Hatha Yoga Dojo Natalie	12:30-13:15 Abs Tone Studio 2 Dennis		15:00-16:00 Pilates Studio 2 Laura	16:30-17:15 Body Balance Studio 1 Yvonne	17:20-18:20 Body Combat Studio 1 Laura	18:10-18:45 GRIT Studio 2 Sharyn				19:30-20:20 Sh'Bam Studio 1 Kyle
	07:00-08:00 Body Pump Studio 1 Helen	09:25-10:25 Pilates Dojo Julia	10:30-11:30 Tai Chi Dojo Yang	12:15-13:00 Women's Weights Ergo Wayne	13:00-13:45 Tone Studio 1 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 Wake Up Yoga Dojo Chris R	09:35-10:35 Body Combat Studio 1 Nat	11:00-11:45 Body Jam Studio 2 Tara	12:15-13:00 Aqua Fit Pool Michelle	13:10-13:55 Cycle Cycle Studio Esther			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	09:05-09:55 Body Attack Studio 1 Helen	09:30-10:30 Wake Up Yoga Dojo Fer	09:55-11:00 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	13:40-14:10 CXWorx Studio 1 Jan
	08:30-09:30 Tai Chi Olav Studio 2	09:10-10:00 RPM Cycle Studio Kyle	10:00-11:00 Strength Training Performance Gym Simon	10:10-11:10 Cycle Cycle Studio Kyle	11:00-11:45 Womens Weights Performance Gym Simon	11:55-12:25 Barre Studio 1 Yvonne		13:00-13:30 Sprint 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 Studio 2 Ruth	10:20-11:20 Cycle Cycle Studio Jacqui	11:00-12:00 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	19:00-20:00 Flow Yoga Studio 1 Richard	
	09:30-10:15 Beginner's Cycle Cycle Studio Jacqui	10:25-11:00 Women's Weights Performance Gym Janine	11:30-12:30 Body Pump Studio 1 Charlotte	12:35-13:05 Barre Studio 1 Sue	12:35-13:05 Barre Studio 1 Eloise	14:00-15:05 Body Pump Studio 1 Laura			

DESCRIPTION KEY

CARDIO

DANCE

AQUA

HOLISTIC/FLEXIBILITY

TONING

SMALL GROUP TRAINING



CLASS SUITABLE FOR JUNIORS AGED 14+



CLASS STARTING W/C 6 MAY