

| | 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 | 07:40-08:10 CXWorx Studio 1 Kyle | 10:35-11:25 Tone Studio 1 Yvonne | 12:15-12:45 Mindfulness Dojo Nina | 12:30-13:15 Cycle Cycle Studio Janet | 13:15-14:00 Women's Weights Ergo Chris S | 14:00-15:00 Flow Yoga Dojo Nina | 16:40-17:10 Abs Tone Studio 1 Dennis | 17:10-18:00 Body Balance Dojo Rachel | 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 | 19:20-20:20 Total Body HIIT Ergo Simon | 20:30-21:30 Boxercise Studio 1 Emma J |
| | 07:00-07:30 Sprint Cycle Studio Kyle | 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 | | | 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 2 Helen S | 19:30-20:15 LBT Studio 2 Esther | |
| | 07:30-08:15 Total Body HIIT Ergo Emma J | 10:40-11:30 RPM Cycle Studio Jan | | 12:25-13:10 Strength Training Ergo Chris S | 13:05-13:50 Body Pump Studio 2 Esther | | | 17:00-17:30 Body Attack Studio 2 Emma B | 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 | 10:35-11:20 Body Pump Studio 1 Nat | 12:05-12:50 Barre Studio 1 Yvonne | 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 Tone Studio 2 Yvonne | 18:05-19:05 Cycle Cycle Studio Paul | 18:20-19:10 Body Balance Helen Dojo | 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 | 11:15-12:00 Pilates Studio 2 Laura | 12:10-12:55 Lower Body Condition Ergo Laura | 13:00-13:45 Tone Studio 1 Laura | | | 17:10-18:10 Campus Circuits Reception Dennis | 17:15-18:15 Yin Yoga Dojo Chris R | 18:15-19:10 Body Combat Studio 1 Shereece | 18:15-19:15 Strength Training Performance Gym Wayne | | 20:05-21:00 LBT Studio 1 Vicki | |
| | 07:30-08:30 Wake Up Yoga Studio 2 Nick | 10:00-10:45 Yoga (50+) Studio 2 Julia | | 12:15-13:15 Flow Yoga Dojo Dave | 13:00-13:45 Women's Weights Ergo Wayne | | | 17:10-18:10 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 | 16:00-17:00 Barbells Performance Gym George | 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 | | 19:35-20:20 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 (50+) Pool Esther | 12:05-12:50 Cycle Cycle Studio Laura | 13:00-14:00 Pilates Studio 2 Laura | | | 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 | | 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 | 11:25-12:25 Zumba Studio 1 Katerina | 12:15-13:00 Women's Weights Ergo Chris S | 13:05-13:50 Strength Training Ergo Chris S | | | 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 | | | | |
| 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 | 12:15-12:45 Mindfulness Dojo Tina | 13:00-13:50 Body Pump Studio 1 Laura | 14:00-15:00 Arms & Abs Ergo Laura | 17:00-18:00 RPM Cycle Studio Sally | 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 | | 20:10-21:15 Body Pump Studio 1 Charlotte | |
| | 07:15-08:15 Cycle Cycle Studio Chris Z | 10:30-11:30 Kundalini Yoga Dojo Satwant | | 12:15-13:00 Strength Training Ergo Wayne | 12:30-13:15 Swim Fitness Pool Kieron | 13:05-13:50 Legs & Glutes Ergo Wayne | 14:00-14:50 Beginner's Cycle Cycle Studio Esther | 17:00-18:00 Beginner's Yoga Dojo Nina | 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 | | | |
| | 07:50-08:50 Flow Yoga Dojo Nick | 10:30-11:15 Tone Studio 1 Yvonne | | 12:15-12:45 Sprint Cycle Studio Helen | 12:50-13:40 Hatha Yoga Dojo Tina | | | 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 | | | | |
| FRIDAY | 06:30-07:20 RPM Cycle Studio Sally | 07:30-08:30 Cycle Cycle Studio Paul | 10:30-11:30 Tai Chi Dojo Yang | 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 | 16:15-17:15 Cycle Cycle Studio Laura | 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 | 09:30-10:30 Pilates (50+) Dojo Julia | 10:35-11:35 Body Pump Studio 1 Nat | 12:15-13:00 Women's Weights Ergo Wayne | 13:00-13:45 Tone Studio 1 Laura | | | 16:30-17:15 Body Balance Studio 1 Yvonne | 17:20-18:20 Candlelit Yoga Dojo Helen | 18:10-18:55 Aqua Natal Pool Jacque | | | 20:00-20:45 Kettlebells Ergo Emma J | |
| | 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 | 12:30-13:15 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 | | | | |

DESCRIPTION KEY

- CARDIO**
- DANCE**
- AQUA**
- HOLISTIC/FLEXIBILITY**
- TONING**
- SMALL GROUP TRAINING**
- CLASS SUITABLE FOR JUNIORS AGED 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 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 | 11:10-11:50 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 Women's Weights Performance Gym Simon | 10:10-11:10 Cycle Cycle Studio Kyle | 11:00-11:45 Strength Training 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 | 12:30-13:30 Body Combat Studio 1 Sue | 12:35-13:05 Barre Studio 1 Eloise | 14:00-15:05 Body Pump Studio 1 Laura | | | |