

	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	13:00-14:00 Beginner's Yoga Dojo Nina		16:40-17:10 Abs Tone Studio 1 Dennis	17:20-18:20 Pilates Studio 2 Esther	17:55-18:25 Sprint Cycle Studio Emma B	18:30-19:15 Beginner's Cycle Cycle Studio Esther	19:15-20:15 Body Pump Studio 1 Emma B	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		12:30-13:30 Women's Weights Ergo Chris S			17:00-17:50 Cycle Cycle Studio Paul	17:30-18:30 Hatha Yoga Dojo Roo	18:15-19:15 Zumba Studio 1 Katerina	18:40-19:10 GRIT Studio 2 Helen S		
	07:40-08:10 CXWorx Studio 1 Kyle	11:25-12:10 Body Balance Studio 1 Yvonne		12:30-13:15 Cycle Cycle Studio Janet			17:15-18:15 Circuits Studio 1 Dennis	18:00-19:00 Strength Training Ergo Chris S	18:30-19:15 Aqua Fit Pool Yvonne	19:25-20:15 LBT Studio 2 Esther		
TUESDAY	06:45-07:35 Body Pump Studio 1 Esther	09:30-10:30 Body Attack Studio 1 Nat		12:10-12:55 Lower Body Condition Ergo Laura	12:30-13:15 Swim Fitness Pool 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	18:30-19:30 Strength Training Performance Gym Wayne		19:30-20:30 LBT Studio 1 Julia
	07:15-08:15 Cycle Cycle Studio Chris Z	10:30-11:15 Body Pump Studio 1 Nat		12:15-13:15 Flow Yoga Dojo Dave	13:00-13:45 Tone Studio 1 Laura		17:15-18:15 Campus Circuits Reception Dennis	17:15-18:15 Yin Yoga Dojo Roo	18:30-19:30 Body Combat Studio 1 Shereece	18:30-19:20 Body Balance Helen Dojo		
	08:00-08:45 Pilates IBR, Med School Esther	11:15-12:00 Pilates Studio 2 Laura		12:20-13:10 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	18:30-19:30 Circuits Slater Hall 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	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	18:25-19:30 Body Pump Studio 1 Kyle			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	11:00-11:45 Aqua Fit Pool Esther	12:05-12:50 Cycle Cycle Studio Laura			17:00-18:00 Flow Yoga Studio 2 Tina	18:05-19:05 LBT Studio 2 Olga	18:55-19:55 Cycle Cycle Studio Sophie D			
	07:30-08:00 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 RPM Cycle Studio Yvonne	18:05-18:50 Beginner's Cycle Cycle Studio Sophie D	19:10-20:00 Barre Studio 2 Rachel			
THURSDAY	06:30-07:15 RPM Cycle Studio Sally	09:30-10:20 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 RPM Cycle Studio Sally	17:15-18:10 LBT Studio 2 Rachel	18:15-19:15 Body Attack Studio 1 Helen			20:00-21:00 Zumba Studio 2 Yasmin
	07:30-08:30 Flow Yoga Dojo Nick	10:30-11:15 Tone Studio 1 Yvonne		12:15-12:45 Sprint Cycle Studio Helen	13:00-14:00 Hatha Yoga Dojo Roo		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			
	07:30-08:30 Cycle Cycle Studio Chris Z	10:45-11:45 Beginner's Pilates Studio 2 Esther		12:30-13:15 Swim Fitness Pool Kieron	13:05-13:50 Beginner's Cycle Cycle Studio Esther		17:15-18:15 Women's Weights Ergo Janine	18:15-19:15 Flow Yoga Studio 2 Nina	19:15-20:15 Body Balance Dojo Yvonne			
FRIDAY	07:00-08:00 Pilates 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 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	18:05-18:35 GRIT Studio 2 Sharyn			
	07:30-08:30 Wake Up Yoga Dojo Chris R	09:35-10:35 Body Combat Studio 1 Nat		12:15-13:00 Women's Weights Ergo Wayne	13:00-13:45 Tone Studio 1 Laura		16:30-17:15 Barre Studio 1 Yvonne	17:20-18:20 Slow Flow Yoga Dojo Helen	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 Aqua Fit Pool Michelle	13:10-13:55 Cycle Cycle Studio Esther		17:00-18:00 Circuits Slater Hall Dennis	17:25-18:10 RPM Cycle Studio Yvonne				

	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 Fer Dojo	10:00-11:00 Strength Training Performance Gym Simon	12:15-13:15 Body Balance Studio 1 Helen	13:35-14:05 CXWorx Studio 1 Jan
	08:30-09:30 Tai Chi Olav Studio 2	09:10-10:00 RPM Cycle Studio Kyle	09:55-10:55 Body Pump Studio 1 Helen	11:10-12:10 Tone 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	10:00-11:00 Women's Weights Performance Gym Janine	10:25-11:30 Body Pump Studio 1 Charlotte	11:30-12:30 Body Combat Studio 1 Sue	14:00-15:05 Body Pump Studio 1 Laura	
	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	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+