

MONDAY	
09.45-10.45	Freestyle Step
09.45-10.30	X-Biking
10.50-11.50	Body Pump
11.00-11.45	Aqua Aerobics
13.30-14.45	Yoga
17.15-18.15	Body Jam
18.15-19.00	X-Biking
18.15-19.15	Body Combat
19.00-19.45	Aqua Aerobics
19.20-20.20	Body Pump
19.30-21.30	Adult Ju Jitsu
20.30-21.30	Body Balance

TUESDAY	
09.30-11.30	Fit 4 Life Activity
09.45-10.30	X-Biking
09.35-10.35	Body Pump
10.35-11.35	Body Balance
18.00-19.00	Circuits
18.00-19.00	Body Pump
18.30-22.00	Squash Club Night
19.15-20.15	Yoga
20.30-22.00	Tai Chi

WEDNESDAY	
09.45-10.30	X-Biking
09.45-10.30	Aqua Aerobics
09.45-10.45	Body Combat
10.45-11.45	Pilates
17.15-18.15	Body Pump
18.25-19.25	Body Step
<b>Pool Closed</b>	
<b>16.30-18.30</b>	<b>(Term Time only)</b>
18.15-19.00	X-Biking
19.30-20.30	Body Balance
19.30-21.30	Adult Ju Jitsu

THURSDAY	
09.45-10.30	Aqua Aerobics
09.45-10.45	Body Step
09.45-10.30	X-Biking
10.50-11.50	Body Pump
13.30-14.30	Pilates
17.45-18.30	Squash Coaching
18.30-19.15	Squash Coaching
18.15-19.00	X-Biking
20.00-22.00	Badminton Club

FRIDAY	
07.30-08.15	X Biking
08.30-09.15	F4L Water Workout
09.45-10.30	Aqua Natal
09.45-10.45	Legs, Bums & Tums
11.00-12.00	Body Balance
18:15-19:00	Body Combat
19.00-19.45	Body Pump

SATURDAY	
09.30-10.15	X-Biking

SUNDAY	
10.00-11.00	Body Combat
11.05-12.05	Body Pump
16.00-17.00	Body Jam
17.00-17.45	Body Step

STUDIO

X-BIKE ROOM

SPORTS HALL

SWIMMING POOL

SQUASH COURTS

PLEASE CONSIDER YOUR FELLOW MEMBERS AND CANCEL YOUR CLASS AT LEAST 24 HOURS IN ADVANCE IF YOU ARE UNABLE TO ATTEND

**BODYPUMP®**  
An effective choreographed muscle & toning resistance workout using weights.

**BODYBALANCE®**  
A dynamic Yoga and Pilates based stretch and strength programme that leaves you feeling relaxed and renewed.

**BODYSTEP®**  
The ultimate step workout, a choreographed, progressive and structured class.

**BODYCOMBAT®**  
A non-contact, martial arts-based fitness programme with moves drawn from karate, Tae Kwan Do, Kung Fu, Kick Boxing, Muay Thai and Tai Chi.

**CIRCUITS**  
An energetic interval workout with different stations, techniques and styles each week for an intense and varied workout.

**TAI CHI**  
A non-contact spiritual health and wellness experience.

**PILATES**  
A complete exercise method which focuses on your body's core strength and improving your posture, through a series of low repetition and low impact stretching exercises.

**YOGA**  
Focuses on your posture and breathing, bringing mind and body together.

**LEGS, BUMS & TUMS**  
This class will consist of a 5-10 minute warm up, followed by a high-energy aerobic phase. Moving into a lower body toning session, ending with a 10-15 minute abdominal workout.

**FREESTYLE STEP**  
A fun and traditional step class.

**BODY JAM**  
Workout with a funky sound track and hot dance moves.

**AQUA NATAL**  
A water workout for all mum's-to-be and for those immediately post-pregnancy. Instructed by qualified midwives.

**AQUA AEROBICS**  
A non-impact water workout using foam equipment for resistance.

**FIT FOR LIFE WATER WORKOUT**  
A non-impact water workout using foam equipment for resistance. A great introduction to group exercise.

**X-BIKING**  
A revolutionary interactive indoor group cycling experience which provides a great workout and burns hundreds of calories in only 45 minutes. X-Biking takes place in our fully equipped room, which gives users the combination of great visuals, music and motivation to ensure they have the ultimate ride.




**FIT4LIFE ACTIVITY MORNING**  
A multi-sports session incorporating badminton, table tennis, short mat bowls Wii Fit and more. Ideally suited to the over 50's, or those new to exercise.

**ADULT JU JUTSU**  
A form of martial art, which develops mental awareness and self-discipline.

**BADMINTON CLUB NIGHT**  
Play other members of different abilities to give variation to your game, improve your skills and provide a great challenge.

**SQUASH CLUB NIGHT**  
Play other members of different abilities to give variation to your game, improve your skills and provide a great challenge.

**SQUASH COACHING**  
From ages 8 to adult. A 6-week course for all abilities of squash player providing a great opportunity to learn a new sport or just improve your ability. **Winter months only.**

**ENJOY THE X-BIKING CLASS?**  
**WHY NOT TRY OUR INTERACTIVE DREAM BIKES IN THE FITNESS SUITE**