

BLUECOAT SPORTS

CLASS PROGRAMME EFFECTIVE FROM
Monday 24th February – Sunday 5th April

Please see changes online for WC 30th March

Day	Start Time	Finish Time	Activity
Monday	7:00	7:45	Move It
	9:15	10:00	Indoor Cycling
	9:15	10:00	Move It
	9:30	11:00	Rackets Session
	9:40	10:40	Body Blast
	10:40	11:40	Yoga
	10:45	11:30	TRX/Kettlebells
	11:00	11:45	Boxfit
	11:10	11:55	Aqua Aerobics
	11:30	12:30	Mighty Minis
	12:00	13:00	Yoga
	12:30	13:30	Body Balance
	12:30	13:30	Senior Gym
	16:30	17:15	Junior Fit Club
	17:30	18:15	Battle Fit
	18:00	19:00	Health Tai Chi
	18:15	19:15	Step Aerobics
	18:30	19:30	Pilates**
	18:45	20:15	Junior Squash Night
	19:00	19:45	Move It
19:15	20:15	Indoor Cycling	
19:30	20:30	Body Combat	
19:30	20:30	Circuits	
19:45	20:45	Pilates**	
Tuesday	6:45	7:30	Indoor Cycling
	6:45	7:30	Move It
	8:15	9:00	Indoor Cycling
	9:00	9:45	Aqua Aerobics
	9:15	10:15	Indoor Cycling
	9:15	10:00	Move It
	9:25	10:25	Legs, Bums & Tums
	9:30	10:30	Pilates**
	10:00	11:30	Rackets Session
	10:30	11:15	Kettlebells
	11:30	12:30	Power Yoga
	17:30	18:15	Battle Fit
	18:00	19:00	Yoga
	18:20	18:50	Kettlebells
	19:00	19:45	Move It
	19:00	20:00	Body Pump
	19:00	20:00	Circuits
	19:05	20:05	Social Badminton
	19:15	20:15	Body Balance
	19:30	20:30	Indoor Cycling
20:15	21:00	TRX	

Wednesday	7:00	7:45	Move It
	9:15	10:00	Indoor Cycling
	9:15	10:00	Move It
	9:30	10:30	Pilates**
	9:30	10:30	Step Aerobics
	10:00	10:45	Boxfit
	10:30	11:15	Deep Water Aqua
	10:30	11:30	Parent & Baby Drop in
	10:30	11:30	Body Balance
	10:35	11:35	Senior Fit
	11:35	12:35	Body Balance
	12:00	12:45	Mini Gym
	12:45	13:45	Pilates**
	12:45	13:45	Health Tai Chi
	13:00	13:45	Mini Gym
	16:15	16:45	Fundamental Squash for Beginners
	16:45	17:30	Fundamental Squash for 5 - 8 Years
	17:30	18:15	Fundamental Squash for 8+ Years
	17:30	18:15	Battle Fit
	18:30	19:30	Pilates**
18:30	19:15	Kettlebells	
18:50	19:50	Legs, Bums & Tums	
19:00	19:45	Move It	
19:30	20:00	CX Worx	
19:30	20:30	Indoor Cycling	
20:00	21:00	Body Balance	
20:00	21:30	Basketball Scrimmage	

Thursday	6:45	7:30	Move It
	8:15	9:00	Indoor Cycling
	9:15	10:00	Indoor Cycling
	9:15	10:00	Move It
	9:30	10:30	Body Combat
	9:30	10:30	Pilates**
	10:00	11:30	Improver Tennis
	10:30	11:30	Yoga
	10:30	11:30	Swimfit
	11:15	12:00	TRX
	12:10	13:10	Body Balance
	16:15	17:00	Junior Fit Club
	17:30	18:15	Battle Fit
	18:15	19:15	Junior Football
	18:15	19:15	Body Balance
	18:20	18:50	Kettlebells
	18:30	19:30	Ladies Squash Night
	18:30	19:15	TRX
	19:00	19:45	Move It
	19:15	20:15	Social Badminton
	19:30	20:15	Indoor Cycling
	19:30	20:30	Power Yoga
	19:30	20:30	Pilates**
19:30	21:30	Adult Squash Night	
19:35	20:35	Boxercise	
19:45	20:30	Aqua Aerobics	

Friday	6:45	7:30	Indoor Cycling
	7:00	7:45	Move It
	8:15	9:00	Indoor Cycling
	9:15	10:00	Indoor Cycling
	9:15	10:15	Social Running
	9:15	10:00	Move It
	9:25	10:25	Dance Fusion
	9:30	10:15	Aqua Aerobics
	10:00	11:30	Racket Session
	10:30	11:30	Yoga
	10:35	11:20	Body Pump Express †
	11:45	12:45	Yoga
	12:00	13:00	Pilates **
	13:00	14:00	Yoga
	13:15	14:00	Bouncy Tots
	14:10	15:10	Yoga
	16:30	17:00	Fundamental Squash for 3 - 5 Years
	17:00	17:45	Fundamental Squash for 5 - 8 Years
	17:30	18:15	Battle Fit
	17:30	18:15	Indoor Cycling
17:45	18:30	Fundamental Squash for 8+ Years	
18:00	19:00	Junior Tennis 7/8	
18:15	19:15	Body Combat	
18:30	19:15	Indoor Cycling	
19:00	19:45	Move It	
19:00	20:30	Family Tennis	
Saturday	9:00	10:00	Indoor Cycling
	9:00	10:00	Body Pump †
	9:00	9:45	Move It
	9:00	11:00	Adult Squash Morning
	10:00	10:45	Battle Fit
	10:15	11:15	Power Yoga
	16:00	17:00	Fun Splash
17:00	18:00	Junior Fit Club	
Sun	9:00	9:45	Indoor Cycling
	9:00	9:45	Move It
	9:00	9:45	Junior Tennis 1
	9:15	10:15	Body Combat
	9:50	10:35	Junior Tennis 2
	10:00	10:45	Battle Fit
	10:30	11:15	Fun Splash
	10:45	11:30	Junior Tennis 3
	10:45	11:30	Junior Tennis 4
	11:30	12:15	Fun Splash
	11:35	12:20	Junior Tennis 5
	11:35	12:20	Junior Tennis 6
17:30	18:30	Swim Fit	