

BLUECOAT SPORTS

CLASS PROGRAMME EFFECTIVE FROM

Monday 7th September - Wednesday 23rd December 2020

Day	Start Time	Finish Time	Activity
Monday	07:00	07:45	Indoor Cycling
	09:15	10:00	Indoor Cycling
	09:15	10:15	Body Blast
	10:45	11:45	Yoga
	10:45	11:30	TRX - Time Change 02/11-21/12 1035-1120
	12:30	13:30	Pilates**
	12:30	13:30	Senior Gym
	13:00	14:00	Tai Chi
	18:15	19:15	Step Aerobics
	19:30	20:15	Indoor Cycling
	19:30	20:30	Body Combat
	19:45	20:45	Interval Training 60
Tuesday	08:15	09:00	Indoor Cycling
	09:15	10:15	Legs, Bums & Tums
	09:30	10:15	Indoor Cycling
	10:30	11:15	Kettlebells
	10:45	11:45	Pilates**
	11:45	12:45	Power Yoga
	18:00	19:00	Yoga
	18:15	19:00	Interval Training 45
	19:15	20:00	Body Balance
	19:15	20:15	Body Pump
	19:30	20:15	Indoor Cycling
	20:30	21:15	TRX
	20:45	21:45	Social Badminton
Wednesday	07:00	07:45	Indoor Cycling
	09:15	10:00	Indoor Cycling
	09:15	10:15	Step Aerobics
	10:30	11:30	Pilates**
	10:30	11:15	Senior Fit
	10:30	11:15	Aqua Aerobics
	11:45	12:45	Body Balance
	12:30	13:30	Pilates**
	18:30	19:15	Kettlebells
	18:45	19:45	Legs, Bums, Tums & Arms
	19:30	20:15	Indoor Cycling
19:30	20:30	Pilates**	
	20:00	21:00	Body Balance

Thursday	08:00	08:45	Indoor Cycling
	09:15	10:00	Indoor Cycling
	09:15	10:15	Body Combat
	10:30	11:30	Pilates**
	10:45	11:30	TRX
	12:00	13:00	Yoga
	12:00	13:00	Body Balance
	18:00	19:00	Body Balance
	18:45	19:30	TRXFit
	19:15	20:00	Aqua Aerobics
	19:30	20:15	Indoor Cycling
	19:30	20:30	Power Yoga
20:45	21:45	Social Badminton	

Friday	09:15	10:00	Indoor Cycling
	09:15	10:15	Dance Fusion
	10:45	11:30	Body Pump Express †
	11:00	12:00	Yoga
	12:30	13:30	Pilates**
	12:30	13:30	Yoga
	12:30	13:30	Senior Gym
	17:30	18:15	Indoor Cycling
	18:15	19:15	Body Combat
18:45	19:30	Indoor Cycling	

Saturday	09:00	10:00	Body Pump †
	09:15	10:00	Indoor Cycling
	10:30	11:30	Power Yoga

Sunday	09:00	09:45	Indoor Cycling
	09:15	10:15	Body Combat
	09:30	10:30	Pilates**

