

BLUECOAT SPORTS

CLASS PROGRAMME EFFECTIVE FROM

Monday 17th May – Sunday 25th July

Please note class schedule is subject to change

Day	Start Time	Finish Time	Activity
Monday	06:45	07:30	Move It
	07:00	07:45	Indoor Cycling
	08:15	09:00	Indoor Cycling
	09:15	10:00	Indoor Cycling
	09:45	10:30	Aqua Aerobics
	09:50	10:35	Body Blast
	10:45	11:45	Yoga
	10:45	11:30	TRX
	12:30	13:30	Pilates**
	12:30	13:30	Senior Gym
	13:00	14:00	Tai Chi
	18:00	18:45	Move It
	18:15	19:15	Pilates**
	19:30	20:30	Body Combat
19:30	20:15	Indoor Cycling	
19:45	20:45	Interval Training	
Tuesday	08:00	08:45	Indoor Cycling
	09:15	10:15	Legs, Bums & Tums
	09:30	10:15	Indoor Cycling
	09:30	10:15	Move It
	09:30	10:30	Pilates**
	10:30	11:15	Kettlebells
	11:45	12:45	Power Yoga
	18:00	18:45	AMRAP
	18:00	19:00	Yoga
	18:15	19:00	Interval Training
	19:15	20:15	Body Balance
	19:15	20:15	Body Pump
	19:30	20:15	Indoor Cycling
20:45	21:30	TRX	
Wednesday	06:45	07:30	AMRAP
	07:00	07:45	Indoor Cycling
	08:15	09:00	Indoor Cycling
	09:15	10:00	Indoor Cycling
	09:15	10:15	Pilates**
	09:15	10:15	Step Aerobics
	10:10	10:30	Parent & Baby Drop in
	10:30	11:15	Senior Fit / Movement in Retirement
	11:45	12:45	Body Balance
	12:30	13:30	Pilates**
	18:00	18:45	Move It
	18:30	19:15	Kettlebells
	18:45	19:45	Legs, Bums & Tums
	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
	09:30	10:15	Move It
	09:30	10:30	Pilates**
	10:45	11:30	TRX
	11:00	12:00	Yoga
	12:00	13:00	Body Balance
	18:00	18:45	AMRAP
	18:00	19:00	Body Balance
	18:45	19:30	TRX
	19:15	20:00	Aqua Aerobics
	19:30	20:15	Indoor Cycling
19:30	20:30	Power Yoga	
20:00	21:00	Social Badminton	

Friday	06:45	07:30	Move It
	08:15	09:00	Indoor Cycling
	09:15	10:00	Indoor Cycling
	10:00	10:45	Aqua Aerobics
	10:00	10:45	Dance Fusion
	11:00	11:45	Body Pump Express †
	11:00	12:00	Yoga
	12:30	13:30	Pilates **
	12:30	13:30	Senior Gym
	12:30	13:30	Yoga
	17:30	18:15	Indoor Cycling
18:15	19:15	Body Combat	
18:45	19:30	Indoor Cycling	

Saturday	08:15	09:15	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 **

**** Attendees should have completed our Pilates Beginners Course**