

# BLUECOAT SPORTS

CLASS PROGRAMME EFFECTIVE FROM  
Monday 6th September – Sunday 20th December

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
	09:30	10:15	Bootcamp
	09:15	10:15	Body Blast
	10:30	11:30	Yoga
	10:45	11:30	TRX
	12:00	13:00	Pilates**
	12:30	13:30	Senior Gym
	13:15	14:15	Tai Chi
	16:00	16:45	Teen Fit
	18:00	18:45	Move It
	18:15	19:15	Pilates**
	18:15	19:15	Step Aerobics
	19:30	20:30	Body Combat
19:30	20:15	Indoor Cycling	
19:30	20:15	Circuit Training	
19:30	20:15	AMRAP	
Tuesday	06:45	07:30	Bootcamp
	08:00	08:45	Indoor Cycling
	09:15	10:15	Legs, Bums & Tums
	09:15	10:00	Indoor Cycling
	09:30	10:15	Move It
	09:30	10:30	Pilates**
	10:00	10:45	Aqua Aerobics
	10:30	11:15	Kettlebells
	11:45	12:45	Power Yoga
	16:00	16:45	Junior Circuits
	18:00	18:45	AMRAP
	18:00	19:00	Yoga
	18:15	19:00	Interval Training
	19:00	20:00	Body Pump
	19:15	20:15	Body Balance
	19:15	20:15	Social Badminton
	19:15	20:00	Indoor Cycling
19:30	20:15	Boxfit	
20:15	21:00	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
	09:30	21:15	Boxfit
	11:10	11:30	Parent & Baby Drop in
	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**
	16:00	16:45	Teen Fit
	18:00	18:45	Move It
	18:30	19:15	Kettlebells
	18:45	19:45	Legs, Bums & Tums
	19:30	20:30	Bootcamp
	19:30	20:15	Indoor Cycling
	19:30	20:30	Pilates**
Thursday	06:45	07:30	Bootcamp
	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
	16:00	16:45	Junior Circuits
	18:00	18:45	Bootcamp
	18:00	19:00	Body Balance
	18:30	19:15	TRXFit
	19:15	20:00	Aqua Aerobics
	19:30	21:30	Adult Squash
	19:30	20:15	Move It
	19:30	20:30	Pilates**
	19:30	20:15	Indoor Cycling
19:30	10:15	Boxercise	
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	10:15	Indoor Cycling
	09:00	09:45	Aqua Aerobics
	09:15	10:15	Dance Fusion
	09:30	10:15	AMRAP
	10:30	11:15	Body Pump Express †
	10:00	11:00	Yoga
	12:30	13:30	Pilates **
	12:30	13:30	Senior Gym
	11:15	12:15	Yoga
	16:00	16:45	Teen Fit
	17:30	18:15	Indoor Cycling
18:15	19:15	Body Combat	
18:30	19:15	Indoor Cycling	
Saturday	09:00	10:00	Body Pump †
	09:00	11:00	Adult Squash Morning
	09:15	10:00	Junior Circuits
	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
	09:15	10:00	Teen Fit
	09:30	10:30	Pilates **

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