

# 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
	16:15	17:00	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
	16:15	17:00	Junior Circuits
	18:00	18:45	AMRAP
	18:00	19:00	Yoga
	18:00	18:45	Dance Fusion
	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
	10:30	11:15	Senior Fit / Movement in Retirement
	11:00	11:30	Parent & Baby Drop in
	11:45	12:45	Body Balance
	12:30	13:30	Pilates**

	16:15	17:00	Teen Fit
	17:00	17:30	Beginners Squash 5+
	17:30	18:15	Improvers Squash 6-8
	18:15	19:00	Improvers Squash 9-11
	18:00	18:45	Move It
	18:30	19:15	Kettlebells
	18:45	19:45	Legs, Bums & Tums
	19:30	20:15	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
	16:15	17:00	Junior Circuits
	18:00	18:45	Bootcamp
	18:00	19:00	Body Balance
	18:30	19:15	TRXFit
	19:00	19:45	Indoor Cycling
	19:15	20:00	Aqua Aerobics
	19:30	21:30	Adult Squash
	19:30	20:15	Move It
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
	11:15	12:15	Yoga
	12:30	13:30	Pilates **
	12:30	13:30	Senior Gym
	13:15	14:00	Jump 'n' Play
	16:15	17:00	Teen Fit
	17:00	17:45	Improvers Squash 6-8
	17:45	18:00	Improvers Squash 9-11
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

<b>Sunday</b>	<b>09:00</b>	<b>09:45</b>	Indoor Cycling
	<b>09:15</b>	<b>10:15</b>	Body Combat
	<b>09:15</b>	<b>10:00</b>	Teen Fit
	<b>09:30</b>	<b>10:30</b>	Pilates **

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