

BLUECOAT SPORTS

CLASS PROGRAMME EFFECTIVE FROM

Tuesday 4 January – Sunday 3 April

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
	10:00	10:45	Body Blast
	10:30	11:30	Yoga
	10:50	11:35	TRX
	11:15	12:00	Aqua Aerobics
	12:00	13:00	Pilates*
	12:30	13:30	Senior Gym
	13:15	14:15	Tai Chi
	16:30	17:15	Teen Fit
	18:00	19:00	Advanced Junior Squash 9+
	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	20:30	Circuit Training	
19:30	20:15	Indoor Cycling	
Tuesday	06:45	07:30	Bootcamp
	08:00	08:45	Indoor Cycling
	09:00	09:45	Aqua Aerobics (until 15 February)
	10:00	10:45	Aqua Aerobics (from 22 February)
	09:15	10:15	Legs, Bums & Tums
	09:15	10:00	Indoor Cycling
	09:30	10:30	Pilates*
	10:30	11:15	Kettlebells
	11:45	12:45	Power Yoga
	16:30	17:15	Junior Circuits
	18:00	19:00	Yoga
	18:00	18:45	Dance Fusion
	18:15	19:00	Interval Training
	18:15	19:00	Kettlebells
	19:00	20:00	Body Pump
19:15	20:15	Body Balance	
19:15	20:15	Social Badminton	
19:15	20:00	Indoor Cycling	
20:15	21:00	TRX	
	07:00	07:45	Indoor Cycling
	08:15	09:00	Indoor Cycling
	09:15	10:00	Indoor Cycling
	09:15	10:15	Pilates*

Wednesday	09:15	10:15	Step Aerobics
	09:30	10:15	Boxfit
	09:35	10:20	Deep Aqua Aerobics
	10:00	10:30	Parent & Baby Drop in
	10:30	11:15	Senior Fit
	11:45	12:45	Body Balance
	12:30	13:30	Pilates*
	16:30	17:15	Teen Fit
	17:00	17:30:00	Junior Squash 5+
	17:30	18:15	Junior Squash 6-8
	18:15	19:00	Boxfit
	18:15	19:00	Junior Squash 9+
	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 Combat	

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	10:30	Pilates*
	10:45	11:30	TRX
	11:00	12:00	Yoga
	12:00	13:00	Body Balance
	16:30	17:15	Junior Circuits
	18:00	18:45	Bootcamp
	18:00	19:00	Body Balance
	18:30	19:30	Ladies Squash Night
	18:30	19:30	TRXfit (from the 13 January)
	19:15	20:00	Aqua Aerobics
	19:00	19:45	Indoor Cycling
	19:30	21:00	Adult Squash Night
	19:30	20:30	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
	09:00	09:45	Aqua Aerobics
	09:15	10:00	Indoor Cycling
	09:15	10:15	Dance Fusion
	09:30	10:15	Kettlebells
	10:15	11:15	Yoga
	11:30	12:30	Yoga
	12:45	13:45	Pilates *
	12:30	13:30	Senior Gym
	13:15	12:15	Jump 'n' Play
	16:30	17:15	Teen Fit
	17:30	18:15	Indoor Cycling
	17:00	17:45	Improvers Junior Squash 6-8
	17:45	18:30	Improvers Junior Squash 9+

Saturday	09:00	11:00	Adult Squash Morning
	09:00	10:00	Body Pump †
	09:15	10:00	Indoor Cycling
	09:15	10:00	Junior Circuits
	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