

# BLUECOAT SPORTS

CLASS PROGRAMME EFFECTIVE FROM

Monday 25th April - Sunday 24th July 2022

Please note that only Fitness Suite sessions will be open on upcoming Bank Holidays.

This 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
	11:15	12:00	Aqua Aerobics
	12:00	13:00	Pilates*
	12:30	13:30	Senior Gym
	13:15	14:15	Tai Chi
	16:45	17:30	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	Body Balance	
19:30	20:30	Circuit Training	
19:30	20:15	Indoor Cycling	
Tuesday	06:45	07:30	Bootcamp Extreme
	08:00	08:45	Indoor Cycling
	09:30	10:15	Move It
	09:15	10:15	Legs, Bums & Tums
	09:15	10:00	Indoor Cycling
	09:30	10:30	Pilates*
	10:00	11:00	Cardio Tennis
	10:00	10:45	Aqua Aerobics
	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
	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

**Wednesday**

09:15	10:00	Indoor Cycling
09:15	10:15	Pilates*
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*
17:00	17:30	Beginners Squash 5+
17:30	18:15	Improvers Squash 6-8 years
18:15	19:00	Improvers Squash 9-11 years
16:45	17:30	Teen Fit
18:00	18:45	Boxfit
18:30	19:15	Kettlebells
18:45	19:45	Legs, Bums, Tums & Arms
19:30	20:15	Indoor Cycling
19:30	20:30	Pilates*
19:50	20:50	Body Attack

**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 Extreme
18:00	19:00	Body Balance
18:30	19:30	Ladies Squash Night
18:30	19:15	TRXfit
19:00	19:45	Indoor Cycling
19:15	20:00	Aqua Aerobics
19:30	21:30	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	Boxfit
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
10:30	11:15	Body Pump Express
11:30	12:30	Yoga
12:45	13:45	Pilates*
12:30	13:30	Senior Gym
16:45	17:30	Teen Fit
17:00	17:45	Improvers Squash 6-8 years
17:30	18:15	Indoor Cycling
17:45	18:30	Improvers Squash 9-11 years

<b>Saturday</b>	<b>08:00</b>	<b>08:45</b>	Bootcamp
	<b>09:00</b>	<b>11:00</b>	Adult Squash Morning
	<b>09:00</b>	<b>10:00</b>	Body Pump †
	<b>09:15</b>	<b>10:00</b>	Indoor Cycling
	<b>09:15</b>	<b>10:00</b>	Junior Circuits
	<b>10:30</b>	<b>11:30</b>	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>10:15</b>	Body Attack
	<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**