

MONDAY

	Time	Class	Instructor	Minutes
H	7:30	Yoga	Mieka	45
H	8:30	Yoga	Mieka	45
C	8:30	Spin	Lisa	45
C	9:00	Abs Blast	Michael	15
H	9:30	Pilates	Tara	45
E	9:30	Bootcamp	Michael	45
C	9:40	Spin	Lisa	45
C	10:00	Aqua	Jo	45
C	10:30	Seated Movement	Jamie	45
D	10:30	Zumba	Tara	45
H	11:30	Pilates Intermediate	Tara	45
C	11:45	Body Conditioning	Jo	45
E	12:40	Box Fit	Jamie	45
C	12:45	Aqua	Jo	45
D	13:45	Line Dancing	Martyn	60
C	17:40	Body Combat	Daz	45
H	18:00	Yin Yoga	Rebecca	60
E	18:30	Hyrox Endurance	Jamie	45
H	19:20	Fitness Pilates	Jo	45
C	19:30	Xtreme Body Conditioning	Joe	45
C	20:10	Aqua	Jo	45
H	20:10	Yoga Stretch	Anna	60

THURSDAY

	Time	Class	Instructor	Minutes
H	6:45	Sun Power Yoga	Anna	50
H	8:30	Yoga	Nyree	45
H	9:30	Yoga	Nyree	45
E	9:30	Body Attack	Helena	50
D	10:30	Zumba	Michelle	45
H	11:30	Body Balance	Laura	55
H	12:45	Yoga	Jacquie	90
C	12:45	Aqua Zumba	Val	45
C	17:40	Body Pump	Daz	45
H	17:45	Yoga Intermediate	Jess	60
C	18:00	RPM	Helena	45
E	18:45	Boot Camp	Michael	45
H	19:00	Yin & Stretch	Jess	60
H	20:05	Qi Gong	Xian	45

TUESDAY

	Time	Class	Instructor	Minutes
E	06:30	Spin	Jamie	45
H	7:00	Yoga	Anastasia	60
C	9:10	Abs Blast	Jamie	20
C	9:30	Aqua	Karen	45
C	10:00	Body Pump	Andy	60
H	10:10	Stretch & Relax	Anna	50
H	11:10	Fitness Pilates	Ness	45
C	11:15	Bootcamp	Michael	40
H	12:10	Stretch and Relax	Anna	55
C	13:00	Aqua	Jane	45
H	13:15	Qi Gong	Ben	45
H	14:00	Yoga	Ben	60
E	17:45	Body Attack	Nigel	45
H	18:00	Hot Yoga	Rebecca	50
C	18:30	Body Pump	Karen	45
C	18:30	Spin	Jamie	45
H	19:00	Beginners Yoga	Rebecca	60
C	19:30	Hyrox Endurance	Jamie	30
C	20:00	Aqua	Karen	45
H	20:15	Body Balance	Laura	60

FRIDAY

	Time	Class	Instructor	Minutes
H	8:45	Pilates	Phil	45
C	9:00	Abs Blast	Jamie	20
C	9:30	RPM	Helena	45
H	9:40	Sun Power Yoga	Phil	45
D	10:30	Zumba	Val	45
H	11:00	Vinyasa Flow Yoga	Phil	60
C	11:15	Body Pump	Laura	60
H	12:30	Qi Gong	Xian	60
C	13:00	Aqua	Emiko	45
H	13:45	Beginners Yoga	Anastasia	60
H	15:00	Yoga	Nyree	60
E	17:30	Body Attack	Helena	45
C	17:30	Spin	Julie	45
H	18:30	Hot Yoga	Rebecca	60
H	19:15	Hot Yoga Stretch	Rebecca	55
H	20:15	Mindfulness & Meditation	Valeria	60

WEDNESDAY

	Time	Class	Instructor	Minutes
C	8:30	Spin	Lisa	45
C	9:05	Abs Blast	Gym Team	20
C	9:30	Aqua	Jo	45
C	9:40	Spin	Lisa	45
D	9:40	Zumba	Helena	45
H	10:00	Seated Movement Mobility	Vicki	60
C	10:30	Body Conditioning	Jo	45
H	11:20	Fitness Pilates	Jo	45
C	12:40	Padel Fit	Nat	35
H	13:10	Yoga	Anna	50
D	13:45	Line Dancing	Martin	60
H	14:05	Mindfulness & Meditation	Anna	55
C	17:30	Body Conditioning	Betty	45
H	18:00	Vinyasa Flow	Rebecca	50
E	18:15	Spin	Jamie	45
D	18:20	Zumba	Michelle	45
H	19:00	Restorative Yoga	Julie	60
C	19:15	Aqua	Jane	45
C	19:15	Box Fit	Nat/Michael	45

SATURDAY

	Time	Class	Instructor	Minutes
H	8:45	Beginners Yoga	Valeria	60
D	9:00	Zumba	Julie	45
C	9:40	RPM	Nigel	45
E	10:00	Rebound	Julie	45
E	11:30	Family Karate	Graeme	60
C	16:00	Aqua	Julie/ Emiko	45

SUNDAY

	Time	Class	Instructor	Minutes
H	8:45	Pilates	Hannah	60
E	9:30	Body Attack	Nigel	55
H	9:45	Mindful Movement & Relaxation	Julie	55
C	10:45	Body Pump	Karen	60

POOL TIMETABLE

	Monday	Thursday
	06:00 – 09:00 Adults Only	06:00 – 09:00 Adults Only
	9:00 – 10:00 General Swim	09:00 – 11:30 General Swim
	10:00 – 10:45 Aqua	11:30 – 12:45 Adults Only
	10:45 – 12:45 Adults Only	12:45 – 13:30 Aqua Zumba
	12:45 – 13:30 Aqua	13:30 – 15:00 General Swim
	13:30 – 19:00 General Swim	15:00 – 19:00 Swim School*
	19:00 – 20:10 Adults Only	19:00 – 22:00 Adults Only
	20:10 – 20:50 Aqua	Friday
	20:50 – 22:00 Adults Only	06:00 – 09:00 Adults Only
	Tuesday	09:00 – 11:30 General Swim
	06:00 – 09:00 Adults Only	11:30 – 13:00 Adults Only
	09:00 – 09:30 General Swim	13:00 – 13:45 Aqua
	09:30 – 10:15 Aqua	13:45 – 19:00 General Swim
	10:15 – 11:00 General Swim	19:00 – 22:00 Adults Only
	11:00 – 12:00 Aqua Babies	Saturday
	12:00 – 13:00 Adults Only	7:00 – 9:30 Adults Only
	13:00 – 13:45 Aqua	9:30 – 12:00 Splash Time
	13:45 – 15:00 General Swim	12:00 – 16:00 General Swim
	15:00 – 19:00 Swim School*	16:00 – 16:45 Aqua
	19:00 – 20:00 Adults Only	16:45 – 18:00 General Swim
	20:00 – 20:45 Aqua	18:00 – 20:00 Adults Only
	20:45 – 22:00 Adults Only	Sunday
	Wednesday	7:00 – 9:00 Adults Only
	06:00 – 09:00 Adults Only	8:00 – 12:00 Swim School*
	09:00 – 09:30 General Swim	9:30 – 16:00 General Swim
	09:30 – 10:15 Aqua	16:00 – 17:00 Adults Only
	10:15 – 11:30 General Swim	17:00 – 18:00 General Swim
	11:30 – 14:00 Adults Only	18:00 – 20:00 Adults Only
	14:00 – 19:15 General Swim	
	19:15 – 20:00 Aqua	
	20:00 – 22:00 Adults Only	
H	HOLISTIC	
D	DANCE BASED	
C	CONDITIONING	
E	HIGH ENERGY	

SWIM SCHOOL

AQUA

ADULTS ONLY 17+

GENERAL SWIM

HOLISTIC CLASSES ARE HELD IN THE MIND AND BODY STUDIO

Instructors may be subject to change. Virtual Spin available by request, speak to a member of the team and they will be happy to set up the class for you (available weekdays from 06.30 and weekends from 07.30.)* Additional costs apply and booking required for Aqua Babies and Swim School. Swim School runs during the holidays except for two weeks at Christmas. Sauna, Steam Room, Salt Room and Hot Tub are for use by members 17+ only