

## MONDAY

	Time	Class	Instructor	Minutes
H	08:30	Yoga	Nyree	45
C	08:30	Spin	Lisa	45
C	09:30	Pilates Flow	Tara	45
C	09:45	Spin	Lisa	45
C	10:00	Aqua	Jo	45
D	10:15	Zumba	Tara	45
H	11:00	Pilates Intermediate	Tara	45
C	11:45	Body Conditioning	Jo	45
E	12:40	Box Fit	Christian	45
C	12:45	Aqua	Jo	45
D	13:45	Line Dancing	Martyn	60
C	17:40	Body Combat	Ness	45
C	18:00	Spin	Andy	45
C	18:25	Rebound	Julie	45
H	19:20	Fitness Pilates	Jo	45
C	20:05	Body Pump	Ben	60
C	20:10	Aqua	Jo	40

## TUESDAY

	Time	Class	Instructor	Minutes
H	07:00	Yoga	Nyree	60
C	09:10	Abs Blast	Gym Team	20
C	09:30	Aqua	Karen	45
C	09:45	Spin	Lisa	45
C	10:00	Body Pump	Betty	60
H	11:10	Fitness Pilates	Ness	45
H	12:10	Stretch & Relax	Anna	55
H	13:15	Qigong	Ben	45
C	13:45	Aqua	Christian	45
H	14:05	Yoga	Ben	55
C	17:45	Body Conditioning	Waleed	45
C	18:00	Spin	Christian	45
C	18:30	Body Pump	Daz	45
C	19:30	HIIT	Christian	30
C	20:00	Aqua	Karen	45
H	20:15	Body Balance	Laura	60

## WEDNESDAY

	Time	Class	Instructor	Minutes
C	09:05	Abs Blast	Gym Team	20
C	09:30	Aqua	Jo	45
C	09:30	Spin	Lisa	45
D	09:40	Zumba	Helena	45
C	10:30	Body Conditioning	Jo	45
H	11:20	Fitness Pilates	Jo	45
C	12:30	Box Fit	Christian	35
H	13:10	Yoga	Anna	50
C	14:00	Aqua	James	40
H	14:05	Mindfulness & Meditation	Anna	45
C	17:30	Body Conditioning	Betty	45
C	18:00	Spin	Waleed	45
D	18:20	Zumba	Julie	45
C	19:15	Box Fit	Christian	45
C	19:15	Aqua	Jane	45

## THURSDAY

	Time	Class	Instructor	Minutes
H	07:00	Power Yoga	Anna	45
H	09:30	Yoga	Nyree	45
E	10:30	Body Attack	Helena	45
H	11:30	Body Balance	Laura	55
H	12:45	Yoga	Jacquie	90
C	12:45	Aqua Zumba	Valerie	45
D	14:30	Salsa	Martyn	60
C	17:40	Body Pump	Daz	45
C	18:00	RPM	Helena	45
E	18:35	Body Attack	Nigel	45
C	19:20	Abs Blast	Gym Team	20
H	20:05	Tai Chi	Chris	60

## FRIDAY

	Time	Class	Instructor	Minutes
H	09:00	Fitness Pilates	Phil	45
C	09:30	RPM	Helena	45
H	09:45	Fitness yoga	Anna/Phil	45
D	10:30	Zumba	Val	45
C	11:15	Body Pump	Laura	60
H	12:30	Tai Chi	Chris	45
C	13:00	Aqua	Emiko	45
H	13:45	Beginners Yoga	Nyree	60
C	17:30	Spin	Julie	45
E	17:30	Body Attack	Helena	45

## SATURDAY

	Time	Class	Instructor	Minutes
D	09:00	Zumba	Juile	45
	09:30	Junior Club	Crèche Team	120
C	09:40	RPM	Nigel	45
E	10:00	Rebound	Julie	45
E	11:30	Family Karate	Graeme	60
C	16:00	Aqua	Christian/James/Julie	45

## SUNDAY

	Time	Class	Instructor	Minutes
	9:30	Juniors Club	Crèche Team	120
E	09:30	Body Attack	Nigel	55
C	11:30	Body Pump	Christian	55

C	CONDITIONING	H	HOLISTIC
E	HIGH ENERGY	D	DANCE BASED

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

## 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 - 18:30	Swim School
19:00 - 20:10	Adults Only	18:30 - 19:00	General Swim
20:10 - 20:50	Aqua	19:00 - 22:00	Adults Only
20:50 - 22:00	Adults Only	Friday	
Tuesday		06:00 - 09:00	Adults Only
06:00 - 09:00	Adults Only	09:00 - 11:30	General Swim
09:00 - 09:30	General Swim	11:30 - 13:00	Adults Only
09:30 - 10:15	Aqua	13:00 - 13:45	Aqua
10:15 - 11:00	General Swim	13:45 - 19:00	General Swim
11:00 - 12:00	Aqua Babies	19:00 - 22:00	Adults Only
12:00 - 13:45	Adults Only	Saturday	
13:45 - 14:30	Aqua	7:00 - 9:30	Adults Only
14:30 - 15:00	General Swim	9:30 - 12:00	Splash Time
15:00 - 18:30	Swim School*	12:00 - 16:00	General Swim
18:30 - 19:00	General Swim	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 - 9:30	Adults Only
06:00 - 09:00	Adults Only	9:30 - 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 - 14:40	Aqua		
14:40 - 19:15	General Swim		
19:15 - 20:00	Aqua		
20:00 - 22:00	Adults Only		

ADULTS ONLY 17+	SWIM SCHOOL
GENERAL SWIM	AQUA