

## MONDAY

	Time	Class	Instructor	Minutes
H	8:30	Yoga	Nyree	45
C	8:30	Spin	Lisa	45
C	9:30	Pilates	Tara	45
C	9:40	Spin	Lisa	45
C	10:00	Aqua	Jo	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	Christian	45
C	12:45	Aqua	Jo	45
D	13:45	Line Dancing	Martyn	60
C	14:45	Golf Strength Conditioning	Gym Team	45
C	17:40	Body Combat	Ness	45
C	18:00	Spin	Andy	45
C	18:30	Body Step	Ben	45
H	19:20	Fitness Pilates	Jo	45
C	20:05	Body Pump	Ben	60
C	20:10	Aqua	Jo	45

## TUESDAY

	Time	Class	Instructor	Minutes
H	7:00	Yoga	Nyree	60
C	9:10	Abs Blast	Gym Team	20
C	9:30	Aqua	Karen	45
C	10:00	Body Pump	Andy	60
H	11:10	Fitness Pilates	Ness	45
H	12:10	Stretch and Relax	Anna	55
H	13:15	Qigong	Ben	45
C	13:45	Aqua	Christian	45
H	14:05	Yoga	Ben	55
E	17:45	Body Attack	Nigel	45
C	18:00	Spin	Christian	45
C	18:30	Pump	Daz	45
C	19:30	Tabata	Gym Team	30
C	20:00	Aqua	Karen	45
H	20:15	Body Balance	Laura	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
C	10:30	Body Conditioning	Jo	45
H	11:20	Fitness Pilates	Jo	45
C	12:15	Box Fit	Christian	45
H	13:10	Yoga	Anna	50
H	14:05	Mindfulness & Meditation	Anna	45
C	14:00	Aqua	James	40
C	17:30	Body Conditioning	Gym Team	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	7:00	Power Yoga	Anna	45
H	9:30	Yoga	Nyree	45
E	10:30	Body Attack	Helena	50
H	11:30	Body Balance	Laura	55
H	12:45	Yoga	Jacquie/Nyree	90
C	12:45	Aqua Zumba	Val	45
D	14:30	Latin Solo Dance Fusion	Martyn	60
C	15:30	Golf Strength Conditioning	Gym Team	45
C	17:40	Body Pump	Daz	45
C	18:00	RPM	Helena	45
E	18:45	Circuits	Gym Team	60
H	20:05	Tai Chi	Chris	45

HOLISTIC CLASSES ARE HELD IN THE MIND AND BODY STUDIO

## FRIDAY

	Time	Class	Instructor	Minutes
H	9:00	Fitness Pilates	Phil	45
C	9:30	RPM	Helena	45
H	9:45	Fitness Yoga	Anna/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	Tai Chi	Chris	60
C	13:00	Aqua	Emiko	45
H	13:45	Beginners Yoga	Nyree	60
H	15:00	Yoga	Nyree	60
E	17:30	Body Attack	Helena	45
C	17:30	Spin	Julie	45

## SATURDAY

	Time	Class	Instructor	Minutes
D	9:00	Zumba	Julie	45
	9:30	Kids Club	Crèche team	120
C	9:40	RPM	Nigel	45
E	10:00	Rebound	Julie	45
E	11:30	Family Karate	Graeme	60
C	16:00	Aqua	Julie/Christian/James/Emiko	45

## SUNDAY

	Time	Class	Instructor	Minutes
E	9:30	Body Attack	Nigel	55
	9:30	Kids Club	Crèche team	120
C	11:30	Body Pump	Andy/Christian	45

C	CONDITIONING
E	HIGH ENERGY

H	HOLISTIC
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
	9:00 - 10:00	General Swim
	10:00 - 10:45	Aqua
	10:45 - 12:45	Adults Only
	12:45 - 13:30	Aqua
	13:30 - 19:00	General Swim
	19:00 - 20:10	Adults Only
	20:10 - 20:50	Aqua
	20:50 - 22:00	Adults Only
	<b>Tuesday</b>	<b>Friday</b>
	06:00 - 09:00	Adults Only
	09:00 - 09:30	General Swim
	09:30 - 10:15	Aqua
	10:15 - 11:00	General Swim
	11:00 - 12:00	Aqua Babies
	12:00 - 13:45	Adults Only
	13:45 - 14:30	Aqua
	14:30 - 15:00	General Swim
	15:00 - 18:30	Swim School*
	18:30 - 19:00	General Swim
	19:00 - 20:00	Adults Only
	20:00 - 20:45	Aqua
	20:45 - 22:00	Adults Only
	<b>Wednesday</b>	<b>Saturday</b>
	06:00 - 09:00	Adults Only
	09:00 - 09:30	General Swim
	09:30 - 10:15	Aqua
	10:15 - 11:30	General Swim
	11:30 - 14:00	Adults Only
	14:00 - 14:40	Aqua
	14:40 - 19:15	General Swim
	19:15 - 20:00	Aqua
	20:00 - 22:00	Adults Only
	<b>Sunday</b>	<b>Sunday</b>
	7:00 - 9:30	Adults Only
	9:30 - 12:00	Swim School *
	9:30 - 16:00	General Swim
	16:00 - 17:00	Adults Only
	17:00 - 18:00	General Swim
	18:00 - 20:00	Adults Only

	ADULTS ONLY 17+
	GENERAL SWIM

	SWIM SCHOOL
	AQUA