

MONDAY

|   | Time  | Class                 | Instructor | Minutes |
|---|-------|-----------------------|------------|---------|
| H | 7:30  | Yoga                  | Nyree      | 45      |
| H | 8:30  | Yoga                  | Nyree      | 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 | Movement & Mobility   | Gym Team   | 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 | Legs, Burns and Turns | 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       | 45      |
| H | 8:30  | Yoga              | Nyree      | 45      |
| H | 9:30  | Yoga              | Nyree      | 45      |
| E | 9:30  | Body Attack       | Helena     | 50      |
| 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 | Tai Chi           | Kath       | 45      |

## TUESDAY

|   | Time  | Class             | Instructor | Minutes |
|---|-------|-------------------|------------|---------|
| E | 06:30 | Spin              | Jamie      | 45      |
| 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 | 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 Strength    | 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 | Tai Chi                  | Kath       | 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      |
| 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        | 45      |
| 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/<br>Emiko | 45      |

SUNDAY

|   | Time  | Class                    | Instructor | Minutes |
|---|-------|--------------------------|------------|---------|
| H | 08:45 | Pilates                  | Hannah     | 60      |
| E | 9:30  | Body Attack              | Nigel      | 55      |
| H | 10:00 | Mindfulness & Meditation | Julie      | 60      |
| C | 10:45 | Body Pump                | Karen      | 60      |

## POOL TIMETABLE

|           |               |              |
|-----------|---------------|--------------|
| Monday    |               |              |
|           | 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  |
| Tuesday   |               |              |
|           | 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 – 13:00 | Adults Only  |
|           | 13:00 – 13:45 | Aqua         |
|           | 13:45 – 15:00 | General Swim |
|           | 15:00 – 19:00 | Swim School* |
|           | 19:00 – 20:00 | Adults Only  |
|           | 20:00 – 20:45 | Aqua         |
|           | 20:45 – 22:00 | Adults Only  |
| Wednesday |               |              |
|           | 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 – 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   |              |

|          |               |              |
|----------|---------------|--------------|
| Thursday |               |              |
|          | 06:00 – 09:00 | Adults Only  |
|          | 09:00 – 11:30 | General Swim |
|          | 11:30 – 12:45 | Adults Only  |
|          | 12:45 – 13:30 | Aqua Zumba   |
|          | 13:30 – 15:00 | General Swim |
|          | 15:00 – 19:00 | Swim School* |
|          | 19:00 – 22:00 | Adults Only  |
| Friday   |               |              |
|          | 06:00 – 09:00 | Adults Only  |
|          | 09:00 – 11:30 | General Swim |
|          | 11:30 – 13:00 | Adults Only  |
|          | 13:00 – 13:45 | Aqua         |
|          | 13:45 – 19:00 | General Swim |
|          | 19:00 – 22:00 | Adults Only  |
| Saturday |               |              |
|          | 7:00 – 9:30   | Adults Only  |
|          | 9:30 – 12:00  | Splash Time  |
|          | 12:00 – 16:00 | General Swim |
|          | 16:00 – 16:45 | Aqua         |
|          | 16:45 – 18:00 | General Swim |
|          | 18:00 – 20:00 | Adults Only  |
| Sunday   |               |              |
|          | 7:00 – 9:00   | Adults Only  |
|          | 8:00 – 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  |

|  |                 |  |
|--|-----------------|--|
|  | 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