

MONDAY

	Time	Class	Instructor	Minutes
H	7:30	Yoga	Nyree	45
H	8:30	Yoga	Nyree	45
C	8:30	Spin	Lisa	45
C	9:30	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
H	18:00	Yin Yoga	Rebecca	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	10:10	Stretch & Relax	Anna	50
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	17:45	Spin	Christian	45
C	18:30	Body 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
H	10:00	Seated Movement Yoga	Vicky	60
C	10:30	Body Conditioning	Jo	45
H	11:20	Fitness Pilates	Jo	45
C	12:40	Box Fit	Christian	35
H	13:10	Yoga	Anna	50
D	13:45	Line Dancing	Martin	60
H	14:05	Mindfulness & Meditation	Anna	45
C	14:00	Aqua	Mady	40
C	17:30	Body Conditioning	Gym Team	45
H	18:00	Vinyasa Flow Yoga	Rebecca	50
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	Sun 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	Jacque/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	45
H	20:05	Tai Chi	Chris	45

HOLISTIC CLASSES ARE HELD IN THE MIND AND BODY STUDIO

FRIDAY

	Time	Class	Instructor	Minutes
H	8:45	Pilates	Phil	45
C	9:30	RPM	Helena	45
H	9:40	Sun Power 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	45
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/Mady/Emiko	45

SUNDAY

	Time	Class	Instructor	Minutes
E	9:30	Body Attack	Nigel	55
	9:30	Kids Club	Crèche team	120
C	10:30	Body Pump	Karen	60

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	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 - 9:00	Adults Only
	06:00 - 09:00	Adults Only		9:00 - 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 - 14:45	Aqua			
	14:45 - 19:15	General Swim			
	19:15 - 20:00	Aqua			
	20:00 - 22:00	Adults Only			

	ADULTS ONLY 17+
	GENERAL SWIM

	SWIM SCHOOL
	AQUA