

**MONDAY**

	Time	Class	Instructor	Minutes
E	6:45	Power Circuit	Sam	45
H	7:30	Yoga	Nyree	45
H	8:30	Yoga	Nyree	45
C	8:30	Spin	Lisa	45
H	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	Sam	45
C	12:45	Aqua	Jo	45
D	13:45	Line Dancing	Martyn	60
C	17:40	Body Combat	Ness	45
H	18:00	Yin Yoga	Rebecca	60
C	18:30	Body Step	Ben	45
H	19:20	Fitness Pilates	Jo	45
C	19:20	Body Pump	Ben	45
C	20:10	Aqua	Jo	45
C	20:10	Legs Bums and Tums	Joe	40
H	20:10	Yoga Stretch	Adele	60

**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
C	11:15	Bootcamp	Michael	40
H	12:10	Stretch and Relax	Anna	55
C	13:00	Aqua	Annie	45
H	13:15	Qi Gong	Ben	45
H	14:00	Yoga	Ben	60
E	17:45	Body Attack	Nigel	45
H	17:45	Vinyasa Flow	Rebecca	60
C	18:30	Spin	Jojo	45
C	18:30	Body Pump	Daz	45
H	19:00	Beginners Yoga	Rebecca	60
C	19:30	HIIT	Nat	30
C	20:00	Aqua	Karen	45
H	20:15	Body Balance	Laura	60

**WEDNESDAY**

	Time	Class	Instructor	Minutes
E	7:00	Circuits	Munny	40
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	Munny	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	Gym Team	45
H	18:00	Vinyasa Flow	Rebecca	50
D	18:20	Zumba	Julie	45
H	19:00	Beginneres Yoga	Adele	60
C	19:15	Box Fit	Nat/Michael	45
C	19:15	Aqua	Jane	45
H	20:10	Intermediate Yoga	Adele	60

**THURSDAY**

	Time	Class	Instructor	Minutes
H	7:00	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
D	14:30	Latin Solo Dance Fusion	Martyn	60
C	17:40	Body Pump	Daz	45
H	17:45	Yoga Intermediate	Jess	60
C	18:00	RPM	Helena	45
E	18:45	Circuits	Gym Team	45
H	19:00	Yoga Kundalini	Jess	60
H	20:05	Tai Chi	Chris	45

**FRIDAY**

	Time	Class	Instructor	Minutes
H	8:45	Pilates	Phil	45
C	9:00	Abs Blast	Munny	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	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
H	18:00	Hot Yoga	Rebecca	60
H	19:15	Hot Yoga Stretch	Rebecca	55
H	20:15	Mindfulness & Meditation	Valeria	60

**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/Mady/ Emiko	45

**SUNDAY**

	Time	Class	Instructor	Minutes
E	9:30	Body Attack	Nigel	55
H	10:00	Mindfulness & Medidation	Julie	60
C	10:45	Body Pump	Karen	60

H	HOLISTIC
D	DANCE BASED

C	CONDITIONING
E	HIGH ENERGY

**POOL TIMETABLE**

	Monday	Adults Only	Thursday	Adults Only
	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	<b>Friday</b>	
	<b>Tuesday</b>		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	<b>Saturday</b>	
	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	<b>Sunday</b>	
	<b>Wednesday</b>		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 - 19:15	General Swim		
	19:15 - 20:00	Aqua		
	20:00 - 22:00	Adults Only		

	ADULTS ONLY 17+
	GENERAL SWIM

	SWIM SCHOOL
	AQUA

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