



Fitness Class Programme – Updated 8/1/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7.15am - 8.00am <u>SPIN</u> Squash Courts - Gaynor				
9.15am - 10.00am <u>AQUA FIT</u> Pool - Gaynor	9.30am - 10.15am <u>PUMP</u> Easyline Room - Adam	9.15am - 10.00am <u>AQUA JOG</u> Pool - Gaynor		8.45am - 9.30am <u>AQUA SPLASH</u> Pool - Gaynor	<u>FOOTBALL SKILLS</u> U4's Main Hall - Jordan	<u>TINIES RUGBY U4's</u> Main Hall - Tom
9.30am - 10.30am <u>PILATES</u> Main Hall - Helen	9.30am - 10.30am <u>TRIGGER POINT PILATES</u> Community Studio - Gaynor	9.30am - 10.30am <u>YOGA</u> Community Studio - Jane	2.00pm - 3.00pm <u>BEGINNERS MIXED CIRCUIT</u> Easyline Room - Gaynor	9.15am - 10.15am <u>PILATES</u> Main Hall - Helen	10.00am - 11.00am <u>Parent and Toddler</u> Learner/Splash Pool	10.00am - 10.45am <u>SPIN</u> Squash Courts - Val/Adam/Ralph
10.15am - 11.00am <u>EASYLINE LADIES</u> Easyline Room - Gaynor	2.45pm - 3.30pm <u>LESS ABLED SWIMMING</u> Pool - No Instructor	10.15am - 11.00am <u>EASYLINE LADIES</u> Easyline Room - Gaynor		10.15am - 11.15am <u>HEARTBEAT</u> Main Hall - Gaynor		
12.00 noon - 2.00pm <u>PUDDLEDUCKS</u> Pool - Paula	6.00pm - 7.00pm <u>KETTLEBELLS</u> Community Studio - Dan	10.00am - 12.00 noon <u>PUDDLEDUCKS</u> Pool - Kaye				
	6.15pm - 7.00pm <u>SPIN</u> Squash Courts - Ralph	1.45pm - 2.45pm <u>TAI CHI</u> Community Studio - Steph	6.15pm - 7.00pm <u>SPIN</u> Squash Courts - Gaynor	2.00pm - 2.45pm <u>SPIN</u> Squash Courts - Gaynor		
		6.00pm - 6.45pm <u>BEGINNERS SPIN</u> Squash Courts - Adam	6.00pm - 7.00pm <u>HITSTEP/INSANITY</u> Community Studio - Beth			
7.00pm - 8.00pm <u>MIXED CIRCUIT</u> Main Hall - Dan	7.30pm - 8.15pm <u>AQUA FIT</u> Pool - Amy	6.00pm - 7.00pm <u>STRENGTH & CONDITIONING</u> Main Hall - Dan	7.00pm - 8.00pm <u>TRIGGER POINT PILATES</u> Community Studio - Gaynor	7.00pm - 8.00pm <u>CORE STABILITY & BOOTY</u> Community Studio - Dan		
8.15pm - 9.00pm <u>SPIN</u> Squash Courts - Ralph	7.00pm - 8.00pm <u>YOGA</u> Community Studio - Elaine	7.00pm - 8.00pm <u>HEARTBEAT</u> EasyLine Room - Adam				
	8.15pm - 9.15pm <u>LANE SWIMMING</u> Pool - No instructor	7.30pm - 8.15pm <u>ADULT LESSONS</u> Pool - Dennis/Matty	8.15pm - 9.15pm <u>LANE SWIMMING</u> Pool - No instructor			



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