

**MONDAY Opens 06.00 - 22.00**

06.45 - 07.15	Spin	Fitness Team	Spin Studio
08.45 - 09.45	Dance Pilates	Cathy Williams	Studio 1
09.15 - 09.45	Spin	Fitness Team	Spin Studio
09.45 - 10.45	Pilates	Cathy Williams	Studio 1
10.00 - 10.30	Insanity	Alison Fletcher	Studio 2
11.00 - 12.00	Tai Chi	Mark Long	Studio 1
11.15 - 12.00	Aqua Tone	Cathy	Small Pool
17.00 - 17.15	Ab Class	Fitness Team	Studio 2
17.15 - 18.00	Step/Tone	Sara Smith	Studio 2
17.30 - 18.00	Vibe Cycle	Alison Fletcher	Spin Studio
18.00 - 19.00	Stability Ball	Wendy Simmons	Mind & Body
18.00 - 19.00	Body Combat	John Bell	Studio 2
18.00 - 20.00	Squash Club		Squash Courts 1&2
18.15 - 18.45	Spin	Dave	Spin Studio
18.15 - 19.00	Aqua	Sara Smith	Small Pool
19.00 - 19.30	Insanity	Alison Fletcher	Studio 1
19.00 - 19.45	Spin	Sara Smith	Spin Studio
19.00 - 20.00	Body Pump	Natalie Hardcastle	Studio 2
19.00 - 20.00	Yoga	Wendy Simmons	Mind & Body
20.00 - 20.30	Rig Class <b>NEW</b>	Fitness Team	Rig

**TUESDAY Opens 06.00 - 22.00**

06.45 - 07.30	Circuits	Fitness Team	Studio 2
09.00 - 09.45	Aqua	Dianne Price	Small Pool
09.15 - 09.45	Vibe Cycle	Alison Fletcher	Spin Studio
10.00 - 10.45	Rig	Fitness Team	Gym Floor
10.00 - 11.00	Zumba	Anthony Robinson	Studio 2
10.00 - 11.00	Pilates	Dianne Price	Studio 1
11.00 - 11.30	Step/Tone	Alison	Studio 2
11.00 - 12.00	Pilates	Dianne Price	Studio 1
11.00 - 12.00	Private Class	Cathy	Small Pool
11.15 - 12.15	Yoga	Sue Watson	Mind & Body
12.30 - 13.30	Pilates	Dianne Price	Studio 1
14.00 - 15.30	Yoga	Pam Smith	Studio 1
17.30 - 18.00	Spin	Katy	Spin Studio
18.00 - 19.00	Rig Circuit	Fitness Team	Gym Floor
18.00 - 19.00	Pilates	Jenny Chapple	Mind & Body
19.00 - 19.30	Insanity	Alison Fletcher	Studio 2
19.15 - 20.00	Spin	Liz Hosie	Spin Studio
20.00 - 21.30	Private Class - 2 lanes		Main Pool
20.15 - 20.45	H.I.T.T. <b>NEW</b>	Fitness Team	Studio 2

**WEDNESDAY Opens 06.00 - 22.00**

06.45 - 07.15	Circuit	Fitness Team	Studio 2
09.00 - 10.00	Pilates	Dianne Price	Studio 1
09.15 - 09.45	Spin	Fitness Team	Spin Studio
10.00 - 11.00	Body Pump	Fay Judge	Studio 2
10.00 - 11.00	Line Dancing	Katherine Williams	Studio 1
11.00 - 12.30	Tai Chi	Mark Long	Studio 1
11.15 - 12.15	Dance Aerobics	Dianne Price	Studio 2
11.15 - 12.00	Aqua	Carrie	Small Pool
13.00 - 13.45	Aqua	Diane	Small Pool
13.00 - 14.00	Stretch & Tone	Pam Smith	Studio 1
17.00 - 18.00	Aerobic Step & Tone	Dianne Price	Studio 2
17.30 - 18.00	Spin	Kirsty	Spin studio
18.00 - 18.15	Abs	Fitness Team	Studio 2
18.15 - 18.45	Spin	Kirsty	Spin Room
18.15 - 19.15	Body Combat	Fay Judge	Studio 2
18.15 - 19.45	Yoga	Pam Smith	Mind & Body
18.15 - 19.15	Pilates	Dianne Price	Studio 1
19.15 - 20.15	Body Pump	Fay Judge	Studio 2
19.15 - 20.15	Karate INT/ADV	Anthony Pendlbury	Studio 1
19.15 - 20.45	Swim Private Class		Main Pool
19.45 - 21.00	Yoga	Pam Smith	Mind & Body

**THURSDAY Opens 06.00 - 22.00**

07.00 - 07.30	Insanity	Alison Fletcher	Studio 2
09.00 - 10.00	Tai Chi	Zing Bo	Studio 1
09.15 - 09.45	Spin	Alison Fletcher	Spin Studio
10.00 - 10.45	Aqua	Sara Smith	Small Pool
10.00 - 11.00	Rig Circuit	Fitness Team	Gym Floor
11.30 - 12.30	Pilates	Katherine Williams	Studio 1
14.00 - 15.30	Yoga	Pam Smith	Studio 1
17.30 - 18.00	Vibe Cycle	Kirsty	Spin Studio
18.00 - 18.30	H.I.T.T. <b>NEW</b>	Fitness Team	Studio 1
18.00 - 18.45	Step/Tone	Alison Fletcher	Studio 2
19.00 - 19.15	Abs Class	Fitness Team	Studio 2
19.00 - 20.30	Fitness Yoga	Katherine Williams	Mind & Body
19.00 - 20.00	Vibe Cycle	Liz Hosie	Spin Studio
19.00 - 20.00	Tai Chi INT/ADV	Mark Long	Studio 1
19.30 - 20.30	Zumba	Anthony Robinson	Studio 2
20.00 - 21.30	Private Class - 2 lanes		Main Pool
20.15 - 21.00	Circuit	Fitness Team	Studio 2

**FRIDAY Opens 06.00 - 21.00**

06.45 - 07.15	Spin	Fitness Team	Spin Studio
09.00 - 10.00	Tai Chi	Zing Bo	Studio 2
09.00 - 10.00	Pilates	Dianne Price	Studio 1
09.15 - 09.45	Vibe Cycle	Fitness Team	Spin Studio
09.30 - 10.15	Aqua	Katherine Williams	Small Pool
10.00 - 11.00	Pilates	Dianne Price	Studio 1
10.00 - 11.00	Body Combat	Fay Judge	Studio 2
11.00 - 12.00	Private Class	Diane	Small Pool
11.00 - 12.00	Body Pump	Fay Judge	Studio 2
11.00 - 12.00	Line Dancing	Katherine Williams	Studio 1
12.00 - 13.30	Yoga	Pam Smith	Studio 1
12.30 - 13.15	Aqua	Dianne Price	Small Pool
17.30 - 18.00	Spin	Katy	Spin Studio
17.30 - 18.30	Body Pump	James	Studio 2
18.00 - 18.45	Circuit	Fitness Team	The Rig
18.00 - 19.00	Pilates ADV	Katherine Williams	Studio 1

**SATURDAY Opens 08.00 - 19.00**

09.15 - 09.45	Vibe Cycle	Julia Baxter	Spin Studio
10.00 - 11.00	Spin	Liz Hosie	Spin Studio
10.00 - 11.00	Body Combat	Natalie Hardcastle	Studio 2
10.00 - 11.00	Tai Chi	Mark Long	Studio 1
11.00 - 12.00	Zumba	Anthony Robinson	Studio 2
12.00 - 13.00	Pilates	Katherine Williams	Studio 1
13.00 - 13.15	Abs Class	Fitness Team	Mind & Body

**SUNDAY Opens 08.00 - 19.00**

09.00 - 10.00	Step	Tony Roberts	Studio 2
10.00 - 11.00	Spin	Kirsty	Spin Studio
10.00 - 11.00	Total Tone	Tony Roberts	Studio 2
11.00 - 12.00	Zumba	Anthony Robinson	Studio 1
12.30 - 12.45	Abs Class	Fitness Team	Studio 2

£ Additional charge please see reception

© These are classes that coincides with a junior class. See the Junior Timetable for further details.

⌚ Please book in. Morning classes call from 8pm the night before Mon-Fri & on a weekend from 5pm. For an afternoon/evening class call from 8am on the day. 0151 609 4666

Swimming Lessons take place every evening between 4pm - 7pm. Both the small and main pool will be sectioned off at these times. Please ask at reception for more details.