

**MONDAY Opens 06.00 - 22.00**

06.30 - 07.00	Spin Express	Adam	Spin Studio
07.00 - 07.30	GRIT Series	Adam	Studio 1
08.15 - 09.00	Body Pump	Debby	Studio 1
09.30 - 10.00	Quick Spin <b>NEW</b>	Stacey	Spin Studio
09.30 - 10.15	Total Tone	Christina	Studio 1
09.30 - 10.30	Line Dancing <b>NEW</b>	Kat	Studio 2
10.15 - 10.45	Metafit <b>NEW</b>	Stacey	Studio 1
10.30 - 12.00 ☺	Yoga	Anne	M&B
11.00 - 11.45 ☺	Aqua	Jane	Small Pool
14.30 - 15.15 ☺	Aqua	Abi	Small Pool
16.00 - 18.30	Swimming Lessons age 4+ BASS		Small Pool £
17.30 - 17.45	Total Core <b>NEW</b>	Fitness Coach	The Rig
18.30 - 19.00	Kids Lane Swim* age 7+		Main Pool
18.00 - 18.30 ☺	Pro-Fit Abs	Angela	Studio 2
18.00 - 18.45 ☺	Insanity	Mark	Studio 1
18.00 - 18.45 ☺	Fit Kids age 5-12	Nicola	Mind & Body
18.45 - 19.30	Total Step	Dionne	Studio 1
18.45 - 19.45	Total Spin	Mark	Spin Studio
19.30 - 20.30	Body Pump	Dionne	Studio 1
19.00 - 19.45 ☺	Aqua	Abi	Small Pool
19.30 - 20.30 ☺	Pilates	Marian	M&B

**TUESDAY Opens 06.00 - 22.00**

07.00 - 07.45	Total Body Circuit	Shaun	Studio 1
09.15 - 09.45	Spin Express	Shaun	Spin Studio
09.45 - 10.30	Body Combat <b>NEW</b>	Cathy	Studio 2
09.45 - 10.30	Total Tone	Christina	Studio 1
10.00 - 10.45 ☺	Aqua	Jane	Small Pool
10.30 - 11.15	Body Pump	Cathy	Studio 2
10.30 - 11.15	Nifty Fifties	Christina	Studio 1
11.15 - 12.15	Pilates	Angela	M&B
16.00 - 18.30	Swimming Lessons age 4+ BASS		Small Pool £
17.30 - 18.15	Total Aerobics	Claire M	Studio 1
18.30 - 19.00	Kids Lane Swim* age 7+	Lifeguard	Main Pool
18.15 - 19.00	Total Step	Claire M	Studio 1
18.30 - 19.00	GRIT Series	David	Studio 2
19.00 - 19.45 ☺	Kids Gym Circuit	Fitness Coach	Lower Gym Floor
19.00 - 19.45 ☺	Total Tone	Claire M	Studio 1
19.00 - 19.45 ☺	Body Combat <b>NEW</b>	Kelly	Studio 2
19.30 - 20.30 ☺	Pilates	Rachel	M&B
19.30 - 20.15	Total Spin	Adam	Spin Studio
20.15 - 20.30	Total Core <b>NEW</b>	Fitness Coach	The Rig

**WEDNESDAY Opens 06.00 - 22.00**

07.00 - 07.30	Rig Circuit	Fitness Coach	The Rig
07.30 - 08.00	Pro-Fit Strongman	Andy	Rig
09.15 - 10.00 ☺	Aqua Zumba	Marika	Small Pool
09.30 - 10.15	Total Spin	Shaun	Spin Studio
09.45 - 10.30	Total Tone	Sheryl	Studio 1
10.15 - 11.00	Aqua	Abi	Small Pool
10.30 - 11.30	Zumba	Marika	Studio 1
11.15 - 12.15	Water Babies age 0-3	Water Babies	Small Pool £
11.30 - 12.30 ☺	Pilates	Maureen	M&B
12.30 - 13.00	GRIT Series <b>NEW</b>	Danielle	Studio 1
16.00 - 18.30	Swimming Lessons age 4+ BASS		Small/Main Pool £
17.00 - 17.45	Football Skills & Drills BEG <b>NEW</b>		Studio 2
17.45 - 18.30 ☺	Football Skills & Drills INT/ADV <b>NEW</b>		Studio 2
17.45 - 18.30 ☺	Body Pump	Dionne	Studio 1
18.00 - 19.00 ☺	Yoga	Clair G	M&B
18.30 - 19.00	Kids Lane Swim* age 7+	Lifeguard	Main Pool
18.30 - 19.15	Zumba	Dionne	Studio 1
19.00 - 19.45	Spin	Clair G	Spin Studio
19.00 - 20.00	Karate Int	George	Studio 2
19.15 - 19.45	Total Core	Fitness Coach	Studio 1
19.30 - 20.15 ☺	Aqua	Sheryl	Small Pool
19.45 - 20.15	Grit Series	Adam	Studio 1
20.00 - 21.00	Karate Adv	George	Studio 2

**THURSDAY Opens 06.00 - 22.00**

06.30 - 07.00	Rig Circuit	Adam	The Rig
09.15 - 09.30	Total Core <b>NEW</b>	Fitness Coach	The Rig
09.30 - 10.15 ☺	Aqua	Dionne	Small Pool
09.30 - 10.15	Total Step	Sheryl	Studio 1
09.30 - 10.15	Total Spin	Stacey	Spin Studio
09.45 - 10.30	Mums Fitness Bootcamp	Tanya	Studio 2
10.15 - 11.00 ☺	Pilates	Dionne	M&B
10.30 - 11.00	GRIT Series	Adam	Studio 1
10.30 - 13.00	Water Babies age 0-3	Water Babies	Small Pool £
11.00 - 11.45	Nifty Fifties	Tanya	Studio 1
14.00 - 15.00	Swimming Lessons age 4+ BASS		Small/Main Pool £
16.00 - 19.00	Swimming Lessons age 4+ BASS		Small/Main Pool £
18.00 - 18.45 ☺	Body Pump	Debby	Studio 1
18.00 - 19.00 ☺	Karate BEG	George	Studio 2
18.30 - 19.30	Pilates	Angela	M&B
19.00 - 19.45	Insanity <b>NEW</b>	Chris	Studio 2
19.00 - 19.45	Total Step	Debby	Studio 1
19.30 - 20.00	Spin Express	Shaun	Spin Studio
19.00 - 19.45	Aqua Zumba <b>NEW</b>	Marika	Small Pool
19.45 - 20.30	Legs, Bums & Turns	Debby	Studio 1

**FRIDAY Opens 06.00 - 21.00**

06.30 - 07.15	Total Spin	Mark	Spin Studio
07.15 - 07.30	Total Core <b>NEW</b>	Fitness Coach	The Rig
09.00 - 10.30	Pilates	Angela	M&B
09.15 - 10.15	Body Pump	Debby	Studio 1
09.30 - 10.15 ☺	Aqua	Jane	Small Pool
10.15 - 11.00	Total Step	Debby	Studio 1
10.15 - 11.00 ☺	Aqua	Jane	Small Pool
10.30 - 11.30	Twinkle Stars age 2-3	Gym Stars	Studio 2 £
10.30 - 12.00	Ashtanga Yoga <b>NEW</b>	Kate	Mind & Body
13.30 - 14.30	Swimming Lessons age 4+ BASS		Small/Main Pool £
16.00 - 17.00	Bright Stars age 4-5	Gym Stars	Studio 2 £
16.00 - 18.00	Swimming Lessons age 4+ BASS		Small Pool £
17.00 - 18.00 ☺	Pilates	Rachel	M&B
17.00 - 18.00	Movie Night	Club Attendant	Lower Gym
17.10 - 18.10	Shooting Stars age 6-7	Gym Stars	Studio 2 £
17.45 - 18.30	Total Spin	Mark	Spin Studio
18.30 - 19.00	Kids Lane Swim* age 7+		Main Pool
18.30 - 19.15	Splash age 4-12	Lifeguard	Small Pool
18.30 - 19.15 ☺	Total Body Circuit	Shaun	Studio 1
18.30 - 19.15 ☺	Kids Metafit Boxcercise age 5-12	Sakina	Studio 2

**SATURDAY Opens 08.00 - 19.00**

08.30 - 12.30	Swimming Lessons age 4+ BASS		Small/Main Pool £
09.15 - 10.00	Body Pump	Dionne	Studio 1
10.00 - 10.45	Total Step	Dionne	Studio 1
10.00 - 10.45	Total Spin	Claire G	Spin Studio
10.45 - 11.00	Total Core <b>NEW</b>	Fitness Coach	The Rig
10.45 - 11.30	Total Tone	Dionne	Studio 1
10.45 - 11.15	GRIT Series	Danielle	Studio 2
11.00 - 12.00	Pro-Fit Private Session	Pro-Fit	The Rig £
11.30 - 12.15	Family Zumba	Dionne	Studio 1
12.30 - 13.30 ☺	Yogalates	Dionne	M&B
14.00 - 15.00	**Pool Party - available for booking		Small Pool £
15.00 - 16.00	Kids Lane Swim age 7+	Lifeguard	Main Pool

**SUNDAY Opens 08.00 - 19.00**

09.30 - 10.00	Kids Lane Swim* age 7+	Lifeguard	Main Pool
10.15 - 11.15	Karate Beg	George	Studio 2
10.30 - 11.15	Total Spin	Shaun	Spin Studio
10.00 - 10.45 ☺	Aqua	Tracy	Small Pool
10.45 - 11.30	Box Aerobics	Debby	Studio 1
10.45 - 11.30 ☺	Aqua	Tracy	Small Pool
11.15 - 12.15	Karate Int	George	Studio 2
11.30 - 11.45	Total Core <b>NEW</b>	Fitness Coach	The Rig
11.30 - 12.15	Body Pump	Debby	Studio 1
11.30 - 12.30	Hatha Yoga <b>NEW</b>	Anne	Mind & Body
11.45 - 12.30	Splash age 4-12	Lifeguard	Small Pool
12.15 - 13.15	Karate Adv	George	Studio 2
13.30 - 14.00	GRIT Series	Adam	Studio 1
14.00 - 15.00	*Pool Party - available for booking		Small Pool £
15.00 - 16.00	Kids Lane Swim age 7+	Lifeguard	Main Pool

£ Additional charge please see reception

☺ Please book at reception for these classes. Maximum 25 people

\* Parent or Guardian must be present in these classes

☺ These are times when both an adult & child's class coincides. Please sign your children in & out of the classes. Please ask at reception for more details on swimming lessons for 0-3 & 4+ year old's. PLEASE NOTE: Children's classes require a minimum of 2 attendees to take place.

Classes in the pool. The pool indicated may be unavailable or sectioned off at these times.

\*\*Pool Party - Book a party for your children & guests. See reception for details. Small pool MAY be unavailable at this time.