

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|---|--|
| Spinning 7.30am - 8.15am Rachel S1 | Spinning 7am - 7.45am Ed S1 | Spinning 7.30am - 8.15am Ed S1 | Hatha Yoga 7.30am - 9am Angie S2 | Spinning 7.30am - 8.15am Rachel S1 | Stretch Course 8.30am - 9.30am Ally BS | Interval Training 9am - 10am Nicole S2 |
| Iyengar Yoga 7.30am - 9am Alex S2 | Hatha Yoga 8.45am - 10.15am Debbie S2 | Vinyasa Yoga 7.30am - 9am Esther S2 | Spinning 9am - 9.45am Debbie S1 | Thai Yoga Workshop 8am - 9am Sam BS | Spinning 9am - 9.45am Jason S1 | |
| Spinning 9am - 9.45am Hattie S1 | Spinning 9am - 9.45am Rachel S1 | Beginners Vinyasa Yoga 9am - 10am Esther S2 | Fit to the Core 9am - 10am Tanya BS | Aqua Wellbeing 9am - 9.45am Ally AW MP | Yoga Flow 9am - 10am Ali Woozley S2 | |
| Active Wellbeing Fitness 9am - 10am Ally AW SH | Fit to the Core 9am - 10am Tanya BS | Body Conditioning 9am - 10am Debbie BS | Hard Core 9am - 10am Ally S2 | KINESIS Wellbeing 9am - 10am Ethan AW S1 | Zumba 9.30am - 10.30am Ally BS | |
| Vinyasa Yoga 9am - 10am Debbie S2 | Functional Training 9.30am - 10am Ally GF | Spinning 9am - 9.45am Rachel S1 | Pilates 10am - 11am Ally S2 | Hatha Yoga 9.30am - 11am Sam S2 | Prenatal Yoga Workshop 10am - 11.15am Ali Woozley S2 | |
| Step Pump 9am - 10am Rachel BS | KINESIS 10am - 11am Rachel S1 | Active Wellbeing Fitness 9am - 10.15am Ally AW SH | Active Wellbeing Fitness 10am - 11am Debbie AW BS | Gentle Hatha Yoga 9.30am - 11am Nadiya BS | Pilates 10.30am - 11.30am Ally BS | |
| Cardio Dance Light 10am - 11am Debbie BS | STOTT Pilates 10.15am - 11.15am Debbie S2 | Gentle Hatha Yoga 10am - 11.30am Nadiya BS | Pilates 11am - 12pm Ally S2 | Abs and Stretch 10am - 10.30am Ally GF | Pole Perfect Course 12pm - 1pm Ally BS | |
| Pilates 10.15am - 11.15am Ally S2 | Aqua Wellbeing 10.30am - 11.15am Ally AW MP | Hard Core 10.15am - 11.15am Ally S2 | Chair based exercise Course 11.15am - 12.15pm Debbie BS | KINESIS Wellbeing 10am - 11am Ethan AW S1 | Paddle Board Fitness Course Please contact reception for more information | |
| Aqua Wellbeing 10.15am - 11am Rachel AW MP | Aqua Wellbeing 11.15am - 12pm Rachel AW MP | Aqua Fit 10.30am - 11.15am Rach MP | Baby & Me Course 1pm - 2pm Ally BS | Hatha Yoga 11am - 12.30pm Sam S2 | | |
| Yogalates Fusion Workshop 11am - 12pm Debbie BS | Orthopilates Course 11.30am - 12.30pm Ally S2 | KINESIS Wellbeing 11am - 12pm Ethan AW S1 | Aqua Wellbeing 2pm - 2.45pm Ally AW MP | Aqua Fit 11.15am - 12pm Rach MP | | |
| Pilates 11.15am - 12.15pm Ally S2 | Baby Massage Course 1pm - 2pm Penny S2 | Deep Water Aqua Fit 11.15am - 12pm Ally | Dance Fit 6pm - 7pm Lu | Walking Netball 11.30am - 12.30pm Ally AW SH | | |
| Walking Football 11.15am - 12.15pm Dave AW SH | Beginners Vinyasa Yoga 4.30pm - 5.30pm Debbie S2 | Walking Netball* 12.15 - 1.15pm Ally AW SH | Adult Fitness Swimming 6pm - 7pm Hattie | Abs Attack 12.45pm - 1.15pm Ally GF | | |
| Aqua Fit 11.15am - 12pm Rach MP | STOTT Pilates Course 5.30pm - 6.30pm Debbie BS | Boxercise Course 4.15pm - 5.15pm Ally BS | Spinning 7pm - 7.45pm Jason S1 | Vinyasa Yoga 5pm - 6.30pm Esther S2 | | |
| Glorious Glutes 4.30pm - 5pm Ally GF | Hatha Yoga 5.30pm - 7pm Angie S2 | Zumba 5.15pm - 6.15pm Ally BS | Learn to Lift Course 7pm - 8pm Hattie S2 | Step Aerobics 5.15pm - 6.15pm Rachel BS | | |
| Yoga Wellbeing 4.30pm - 5.30pm Debbie AW S2 | KINESIS 6pm - 7pm Nicole S1 | KINESIS 5.15pm - 6.15pm Maia S1 | Pilates 7pm - 8pm Diana BS | Aerobics Course 6.15pm - 7.15pm Lu BS | | |
| KINESIS Wellbeing 5pm - 6pm Maia AW S1 | Aqua Blast 6.15pm - 7.15pm Lu | Beginners Spinning 6.30pm - 7.15pm John S1 | Aqua HIIT 7pm - 8pm Lu MP | Beginners Vinyasa Yoga 6.30pm - 7.30pm Esther S2 | | |
| Body Conditioning 5.15pm - 6pm Ally BS | Body Conditioning 6.30pm - 7.30pm Debbie BS | Circuit Training** 6.30pm - 7.30pm Ethan SH | Kettlebells Course 8pm - 9pm Hattie S2 | Circuit Training 6.30pm - 7.30pm Hattie SH | | |
| Dance Fit 6pm - 7pm Lu S2 | Tone and Kick 7pm - 7.30pm Ally GF | STOTT Pilates 6.30pm - 7.30pm Debbie BS | Pole Flow Course 8.15pm - 9.15pm Rachel B BS | | | |
| Beginners Pilates 6pm - 7pm Ally BS | Spinning 7.15pm - 8pm Rachel S1 | Interval Training 6.30pm - 7.30pm Nicole | | | | |
| KINESIS Wellbeing 6pm - 7pm Maia AW S1 | Adult Fitness Swimming 7.30pm - 8.30pm Kate MP | Hatha Yoga 7.30pm - 9pm Nadiya S2 | | | | |
| Circuit Training 6.30pm - 7.30pm Jason SH | Kettlebells Course 7.30pm - 8.30pm Nicole S2 | KINESIS 7.45pm - 8.45pm Debbie S1 | | | | |
| Zumba 7pm - 8pm Ally BS | Stretch Course 7.30pm - 8.30pm Ally BS | Pole Fitness Course 8pm - 9pm Biddy BS | | | | |
| Interval Training 7pm - 8pm Nicole | Bro Yoga Workshop 8.30pm - 9.30pm Esther S2 | | | | | |
| Spinning 7.45pm - 8.30pm Jason S1 | | | | | | |
| Hatha Yoga 8pm - 9.30pm Esther S2 | | | | | | |
| Pole Moves Course 8.15pm - 9.15pm Ally BS | | | | | | |

Fitness Class Times
Monday 8th April - Sunday 1st September 2019

- █ Dance/Coordination
- █ Muscle Toning & Endurance
- █ Pilates
- █ Six-week course/workshop
- █ Small Group Training Class
- █ Spinning
- █ Water based class
- █ Yoga

Membership packages available

Please speak to our membership team for our latest prices and offers

We pride ourselves on offering a diverse range of fitness classes. Classes are designed for All Abilities unless stated otherwise - please see the KEY below:

- AW Active Wellbeing Range (Low intensity/Rehabilitation range of classes & activities)
- ◆ Medium intensity
- ◆◆ High intensity
- ★ New class/time/instructor or studio
- (BS) BACIT Studio
- (GF) Gym Floor
- (MP) Main Pool
- (PAV) Pavilion
- (S1) Studio 1
- (S2) Studio 2
- (SH) Sports Hall

Please note due to Monthly NHS Blood Donor Sessions in the Sports Hall, the Walking Netball* class will be relocated to the BACIT Studio and a replacement HIIT** class will be provided in the Pavilion or BACIT Studio.