

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

**Fitness Class Times**  
7th January - 7th April 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:

- Active Wellbeing Range** (BS) BACIT Studio  
*(Low intensity/Rehabilitation range of classes & activities)*
- Medium intensity** (GF) Gym Floor
- High intensity** (MP) Main Pool
- New class/change of class time/instructor or studio** (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.