TIMETABLES

MON

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:15am	Functional Circuits	Chris	Sports Hall	45m
6:45am	Spin	Mark	Studio	30m
7:15am	Pickle Ball	Emily	Sports Hall	1hr 45m
10:00am	Education	Education	Sports Hall	1hr
11:30am	Rocky Circuit (special)	Pete	Sports Hall	45m
11:15am	Pilates	Beatriz	Studio	45m
12:30pm	Barbell Blast	Sport Team	Studio	30m
2:00pm	Education	Education	Sports Hall	1hr
4:00pm	Badminton – Members Only	Ibz	Sports Hall	2hr
5:30pm	The Burn Zone	Reece	Studio	45m
6:15pm	Circuit	Graham	Sports Hall	1hr
6:30pm	Spin	Mark	Studio	45m
7:15pm	Wrestling	Dale	Sports Hall	2hr 15m
7:30pm	Open Basketball Session		Sports Hall	1hr 30m
7:30pm	Muay Thai Boxing	John	Studio	1hr
8:30pm	Pilates	Helen	Studio	45m

TIMETABLES

TUES

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
7:00am	Badminton – Open Session	Ibz	Sports Hall	2hr
6:40am	Pilates	Celine	Studio	45m
7:30am	Somatic Movement	Lisa	Studio	1hr
10:00am	Low Intensity Body Con	Amanda	Studio	45m
10:00am	Education	Education	Sports Hall	1hr
10:00am	Pickle Ball		Sports Hall	2hr
11:00am	Slow Flow Yoga	Gavin	Studio	1hr
12:00pm	Education	Education	Sports Hall	30m
12:30pm	HIIT	Sports Team	Studio	30m
1:15pm	Physio-led APPI Pilates	Wp Physio	Studio	45m
2:00pm	Education		Sports Hall	30m
4:30pm	Badminton – Members Only	Ibz	Sports Hall	1hr 30m
5:30pm	Boxing Time	Ben	Studio	1hr
6:05am	Pickle Ball	Emily	Sports Hall	1hr
6:15pm	Vinyasa Yoga	Gavin	Studio	45m
7:15pm	Zumba	Ben	Studio	45m
7:30pm	YMCA Basketball Club	Jonathan	Sports Hall	2hr
8:00pm	Vinyasa Yoga	Val	Studio	1hr

TIMETABLES

WED

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:15am	Circuit	Chris	Sports Hall	45m
6:30am	Spin 45	Gavin	Studio	30m
7:00am	Badminton – Open Session		Sports Hall	2hr
7:30am	Kettlebells	Sport Team	Studio	45m
10:00am	Education	Education	Sports Hall	1hr
11:00am	Pilates	Belle	Studio	1hr
11:30am	Circuit	Ken	Sports Hall	1hr
12:30pm	Spin		Studio	30m
1:00pm	Education	Education	Sports Hall	2hr 15m
3:15pm	Private Hire	Private Hire	Sports Hall	1hr 15m
5:00pm	Badminton – Members Only	Ibz	Sports Hall	1hr 15m
5:00pm	Rugby Fives – Club Session		Fives Courts	2hr
5:30pm	Foundational Strength	Sophie	Sports Hall	45m
6:15pm	Netball	Madeleine	Sports Hall	1hr 15m
6:30pm	Xtreme HipHop Step	Martina	Studio	50m
7:30pm	Barre Flow	Lizi	Sports Hall	45m
7:45pm	Ultimate Circuit	John/Paul	Sports Hall	45m
8:30pm	Kundalini Yoga	Chandra	Studio	1hr
8:30pm	Open Basketball Session		Sports Hall	1hr

TIMETABLES

THURS

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
7:00am	5 A Side Football		Sports Hall	1hr
7:00am	Somatic Movement	Lisa	Studio	1hr
10:00am	Low Intensity Body Con	Amanda	Studio	45m
11:00am	Pilates Power	Gracie	Studio	45m
12:30pm	Total Body Workout	Jim	Studio	30m
12:00pm	Education	Education	Sports Hall	1hr
2:00pm	Pickle Ball		Sports Hall	2hr
5:00pm	Badminton – Members Only	Ibz	Sports Hall	2hr
5:30pm	Wrestling	Dale	Sports Hall	2hr
6:00pm	Legs Bums Tums	Celine	Studio	45m
6:30pm	Harriers		Reception	
6:55pm	Body Pump	Alex	Studio	45m
7:30pm	YMCA Basketball Club	Jonathan	Sports Hall	2hr
7:55pm	Muay Thai Boxing	John	Studio	1hr

TIMETABLES

FRI

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:45am	Spin	Mark	Studio	30m
7:00am	Badminton – Open Session		Sports Hall	2hr
7:30am	Evolution	Christie	Studio	45m
10:30am	Yin Yang Yoga	Gavin	Studio	1hr
12:30pm	Functional Fit	Sports Team	Gym floor	30m
12:30pm	Rocky Circuit	Pete	Sports Hall	1hr
1:00pm	Pilates	Belle	Studio	1hr
2:00am	Private Hire		Sports Hall	1hr
5:00pm	5 A Side Football		Sports Hall	1hr
5:30pm	Spin 45	Lauren	Studio	45m
6:15pm	Badminton – Members Only	Ibz	Sports Hall	3hr 15m
6:30pm	Slow Flow Yoga	Val	Studio	1hr
7:45pm	Zumba	Ben	Studio	45m

TIMETABLES

SAT

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
8:15am	Pickle Ball		Sports Hall	1hr 45m
9:00am	Legs Bums Tums	Sophie	Sports Hall	45m
10:00am	Pickle Ball		Sports Hall	2hr
10:00am	Wrestling set-up		Sports Hall	1hr
10:00am	Barre Flow	Celine and Rachel	Studio	45m
11:00am	Pilates	Celine and Rachel	Studio	1hr
11:00am	Junior Wrestling	Dale	Sports Hall	2hr
1:30pm	Wrestling	Dale	Sports Hall	1hr 30m
12:30pm	Spin 45	Rob	Studio	45m
2:00pm	YMCA Basketball Club	Artur/Simon	Sports Hall	2hr
4:00pm	Open Basketball Session		Sports Hall	2hr

TIMETABLES

SUN

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
9:25pm	Pilates	Chandra	Studio	1hr
9:30am	Badminton – Members Only	Ibz	Sports Hall	2hr 30m
10:30am	Vinyasa Yoga	Chandra	Studio	1hr 30m
12:15pm	Body Pump	Alex	Studio	45m
12:00pm	Netball	Maddie	Sports Hall	1hr 30m
1:15pm	Spin	Alex	Studio	30m
2:15pm	Free Style Martial Arts	Steve	Studio	1hr 30m
1:30pm	Volleyball – Open Session	Arek	Sports Hall	1hr 30m
3:00pm	Volleyball – Team Session	Arek	Sports Hall	1hr 30m

SWIMMING TIMETABLE

MON

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
10:00am	PuddleDucks	Lessons	Swimming Pool	3hr

TUES

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
11:00am	Aqua Aerobics	Amanda	Swimming Pool	45m
4:15pm	Take Me Swimming	Lessons	Swimming Pool	3hr 30m

THURS

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
11:00am	Aqua Aerobics	Amanda	Swimming Pool	45m
4:30pm	Take Me Swimming	Lessons	Swimming Pool	5hr

FRI

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
9:30am	PuddleDucks	Lessons	Swimming Pool	3hr

SAT

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
9:00am	Take Me Swimming	Lessons	Swimming Pool	6hr 30m

SUN

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
9:00am	PuddleDucks	Lessons	Swimming Pool	4hr 15m