

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:15am	Functional Circuits	Chris	Sports Hall	45m
6:45am	Spin	Mark	Studio	30m
10:00am	Education	Education	Sports Hall	1hr
11:30am	Rocky Circuit	Pete	Sports Hall	45m
12:30pm	HIIT	Sports Team	Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
4:00pm	Badminton – Open Session	lbz	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	Desmond	Studio	1hr
8:30pm	Pilates	Lauren	Studio	45m

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
7:00am	Badminton – Open Session	lbz	Sports Hall	2hr
7:30am	Somatic Movement	Lisa	Studio	1hr
10:00am	Low Intensity Body Con	Amanda	Studio	45m
10:00am	Education	Education	Sports Hall	1hr
11:00am	Slow Flow and Sound Therapy	Gavin	Studio	1hr
12:30pm	Barbell Blast	Harry	Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
1:15pm	Physio-led APPI Pilates	Wp Physio	Studio	45m
4:30pm	Badminton – Open Session	lbz	Sports Hall	1hr 30m
5:00pm	Rugby Fives Drop Ins	Wendy/Martin	Fives Courts	2hr
6:15pm	5 A Side Football		Sports Hall	45m
6:15pm	Yogalates	Lauren	Studio	45m
7:15pm	Zumba	Joanna	Studio	45m
7:30pm	YMCA Basketball Club	Jonathan	Sports Hall	2hr
8:00pm	Yoga	Val	Studio	1hr

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:15am	Circuit	Chris	Sports Hall	45m
6:30am	Spin	Gavin	Studio	45m
7:00am	Badminton – Open Session	lbz	Sports Hall	2hr
7:30am	Kettlebells	Reece	Studio	45m
10:00am	Education	Education	Sports Hall	1hr
11:00am	Pilates	Belle	Studio	1hr
12:30pm	Spin		Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
1:15pm	Education	Education	Studio	30m
3:15pm	Private Hire	Private Hire	Sports Hall	1hr 15m
5:00pm	Badminton – Open Session	lbz	Sports Hall	1hr 15m
6:15pm	Lift and Tone	Nathaniel	Studio	45m
6:30pm	Circuit	Ken	Sports Hall	1hr
7:30pm	Vinyasa Yoga	Chandra	Studio	1hr 30m
7:45pm	Ultimate Circuit	John/Paul	Sports Hall	45m
8:30pm	Open Basketball Session		Sports Hall	1hr

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
7:00am	Somatic Movement	Lisa	Studio	1hr
10:00am	Education	Education	Sports Hall	1hr
10:00am	Low Intensity Body Con	Amanda	Studio	45m
12:30pm	Total Body Workout	Jim	Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
5:00pm	Badminton – Members Only	lbz	Sports Hall	2hr
5:30pm	Wrestling	Dale	Sports Hall	2hr
6:00pm	Body Shred	Nathaniel	Studio	45m
6:30pm	Harriers		Reception	
7:00pm	Body Pump	Alex	Studio	45m
7:45pm	Muay Thai Boxing	Desmond	Studio	1hr
7:30pm	Basketball Team Game	Jonathan	Sports Hall	2hr

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:45am	Spin	Mark	Studio	30m
7:00am	Badminton – Open Session	lbz	Sports Hall	2hr
7:30am	Kettlebells	Reece	Studio	45m
10:00am	Education	Education	Sports Hall	1hr
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
1:30pm	Education	Education	Sports Hall	1hr
5:00pm	5 A Side Football		Sports Hall	1hr
5:30pm	Body Pump	Alex	Studio	45m
6:15pm	Badminton – Members Only	lbz	Sports Hall	1hr 30m
6:30pm	Yoga	Val	Studio	1hr
7:45pm	Badminton – Open Session	lbz	Sports Hall	1hr 45m
7:45pm	Zumba	Joanna	Studio	45m

SATURDAY & SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
9:30am	Junior Rugby Fives	Wendy/Martin	Fives Courts	1hr 30m
10:00am	Barre Flow	Holly and Rachel	Studio	45m
11:00am	Pilates	Holly	Studio	1hr
11:00am	Junior Wrestling	Dale	Sports Hall	2hr
1:30pm	Wrestling	Dale	Sports Hall	1hr 30m
2:00pm	YMCA Basketball Club	Artur/Simon	Sports Hall	2hr
4:00pm	Open Basketball Session		Sports Hall	2hr

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
9:30am	Badminton – Members Only	lbz	Sports Hall	1hr 30m
10:30am	Vinyasa Yoga	Chandra	Studio	1hr 30m
11:00am	Badminton – Open Session	lbz	Sports Hall	2hr 30m
12:00pm	Family Martial Arts	Steve	Studio	1hr
1:00pm	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 TIMETABLES



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

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

THUR	TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
	11:00am	Aqua Aerobics	Amanda	Swimming Pool	45m
4:00pm	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

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