

## 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
11:15am	Rocky Circuit	Pete	Sports Hall	45m
11:30am	Pilates	Beatriz	Studio	45m
12:30pm	Barbell Blast	Harry	Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
4:00pm	Badminton – Members Only	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	John	Studio	1hr
8:30pm	Pilates	Lauren	Studio	45m

## TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:40am	Pilates	Celine	Studio	45m
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
10:00am	Pickle Ball		Sports Hall	2hr
11:00am	Slow Flow and Sound Therapy	Gavin	Studio	1hr
12:30pm	HIIT	Sports Team	Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
1:15pm	Physio-led APPI Pilates	Wp Physio	Studio	45m
4:30pm	Badminton – Members Only	lbz	Sports Hall	1hr 30m
5:00pm	Rugby Fives Drop Ins	Wendy/Martin	Fives Courts	2hr
5:30pm	Box Fit		Studio	45m
6:15pm	Power Yoga	Lauren	Studio	45m
6:15pm	Pickle Ball		Sports Hall	1hr
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
6:45am	Spin	Gavin	Studio	30m
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
11.30	Circuit	Ken	Sports Hall	1hr
12:30pm	Spin		Studio	30m
1:00pm	Education	Education	Sports Hall	1hr
3:15pm	Private Hire	Private Hire	Sports Hall	1hr 15m
5:00pm	Badminton – Members Only	lbz	Sports Hall	1hr 15m
5:30pm	The Burn Zone	Reece	Studio	45m
6:15pm	Netball	Louisa	Sports Hall	1hr15m
6:30pm	Xtreme HipHop Step	Martina	Studio	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
2:00pm	Pickle Ball		Sports Hall	2hr
5:00pm	Badminton – Members Only	lbz	Sports Hall	2hr
5:30pm	Wrestling	Dale	Sports Hall	2hr
6:00pm	Legs Bums Tums	Celine	Studio	45m
6:30pm	Harriers		Reception	
7:00pm	Body Pump	Alex	Studio	45m
7:30pm	Basketball Team Game	Jonathan	Sports Hall	2hr
7:45pm	Muay Thai Boxing	John	Studio	1hr

## FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION	DURATION
6:45am	Spin	Mark	Studio	30m
7:00am	Badminton – Open Session	lbz	Sports Hall	2hr
7:30am	Kettlebells	Sports Team	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	Spin	Lauren	Sports Hall	45m
6:15pm	Badminton – Members Only	lbz	Sports Hall	3hr 15m
6:30pm	Yoga	Val	Studio	1hr
7:30pm	Evolution	Christie	Studio	45m
7:45pm	Zumba	Joanna	Studio	45m

## SATURDAY

<i>TIME</i>	<i>CLASS</i>	<i>INSTRUCTOR</i>	<i>LOCATION</i>	<i>DURATION</i>
8:15am	Pickle Ball		Sports Hall	1.30m
9:00am	Ability	Christie	Studio	45m
9:30am	Junior Rugby Fives	Wendy/Martin	Fives Courts	1hr 30m
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
12:30pm	Spin	Rob	Studio	30m
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

## SUNDAY

<i>TIME</i>	<i>CLASS</i>	<i>INSTRUCTOR</i>	<i>LOCATION</i>	<i>DURATION</i>
9:30am	Badminton – Members Only	lbz	Sports Hall	4hr
10:30am	Vinyasa Yoga	Chandra	Studio	1hr 30m
12:30pm	Body Pump	Alex	Studio	45m
1:30pm	Junior Martial Arts	Steve	Studio	1hr
1:30pm	Volleyball – Open Session	Arek	Sports Hall	1hr 30m
2:15pm	Free Style Martial Arts	Steve	Studio	1hr 30m
3:00pm	Volleyball – Team Session	Arek	Sports Hall	1hr 30m

# SWIMMING TIMETABLES



<b>MON</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>	<b>DURATION</b>
	10:00am	PuddleDucks	Lessons	Swimming Pool	3hr

  

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

  

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

  

<b>FRI</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>	<b>DURATION</b>
	9:30am	PuddleDucks	Lessons	Swimming Pool	3hr

  

<b>SAT</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>	<b>DURATION</b>
	9:00am	Take Me Swimming	Lessons	Swimming Pool	6hr30m

  

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