

## 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              |              | Sports Hall | 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   |          |
| 6:55pm  | Body Pump                | Alex       | Studio      | 45m      |
| 7:30pm  | Basketball Team Game     | Jonathan   | Sports Hall | 2hr      |
| 7:50pm  | 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  | Evolution                | Christie    | Studio      | 45m      |
| 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      |
| 7:45pm  | Zumba                    | Joanna      | Studio      | 45m      |

## SATURDAY

| TIME    | CLASS                   | INSTRUCTOR        | LOCATION     | DURATION |
|---------|-------------------------|-------------------|--------------|----------|
| 8:15am  | Pickle Ball             |                   | Sports Hall  | 2hr 15m  |
| 9:00am  | Ability                 | Christie          | Studio       | 45m      |
| 9:30am  | Junior Rugby Fives      | Wendy/Martin      | Fives Courts | 1hr 30m  |
| 10:00am | Pickle Ball             |                   | Sports Hall  | 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

| TIME    | CLASS                     | INSTRUCTOR | LOCATION    | DURATION |
|---------|---------------------------|------------|-------------|----------|
| 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



| 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  |
| THUR | 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 | 6hr30m   |
| SUN  | TIME    | CLASS            | INSTRUCTOR | LOCATION      | DURATION |
|      | 9:00am  | PuddleDucks      | Lessons    | Swimming Pool | 4hr 15m  |