

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	TRX 7.15 - 7:45am Staff		Body Pump 7:10 - 7.55am Angela			
Yoga 9.30 - 10.15am Ingrid	Body Pump 9.30 - 10.15am Angela	Stretch & Core 9.30 - 10.15am Staff	Body Combat 9.30 - 10.15am Ben	Forever Fit 9.30 - 10.15am Staff	Body Combat 9.30 - 10.15am Amie	Zumba 10.00-10:45am Eilidh
Aqua Fit 10.15 - 11.00am Sharron	Body Balance 10.30 - 11.15am Angela	Aqua Fit 10.15 - 11.00am Sharron	Body Balance 10.30 - 11.15am Angela	Aqua Fit 10.15 - 11.00am Sharron	Body Balance 10.30 - 11.15am Amie	
Spin 10.45 - 11.30pm Staff		Yoga 10.30 - 11.15am Ingrid		Zumba 10:30 - 11.15am Gale		
		Pilates 11:30-12:15pm Yvonne		Yoga 11.30 - 12.15pm Adele		
		Reformer Band Pilates 12:20-12:50pm Yvonne				

Please note that during the morning aqua classes the lanes will not be available Mon, Wed, Fri between 10:15-11am

Swimming Lesson in Pool
Wednesdays, Thursdays & Fridays

Wed & Thur 1:00—2:30 then 3:30—5:30pm

Fri 3:30-5:30pm

(2 Lanes still available throughout and half of the main pool will be available between 1:30-3:30).
Please check club poster for more information

(Lessons only on during school term times)

Circuits 5:45-6:15pm Staff	TRX 5:45-6:10pm Staff	Spin 5:45-6:15pm Ben	Leg, Bums & Tums 5:45-6:15pm Staff	Spin 5.30 - 6.00pm Staff
Body Combat 6.30 - 7.15pm Amie	Body Pump 6.30 - 7.15pm Angela	Body Pump 6:30-7.15pm Ben	Body Combat 6.30 - 7.15pm Amie	Box HIIT 6:15-7:45pm Staff
Aqua Fit 7.15 - 8.00pm Sharron	Stretch & Core 7.30 - 8.15pm Staff	Body Balance 7.30 - 8.15pm Angela	Aqua Fit 7.15 - 8.00pm Sharron	
TRX 7.30 - 8.00pm Staff			Yoga 7:30 - 8.15pm Ingrid	

