

Adult's Class Timetable - 2022

Time	Class	Intensity	Location	Instructor
MONDAY				
08:00 - 09:00	Pilates **	3	Dance Studio	Claire
09:15 - 10:15	Yoga **	3	Dance Studio	Judy
09:15 - 10:00	Aqua Aerobics	3	Pool	Dan R
10:15 - 11:00	Spinning ^{PB}	5	Spin Studio	Miranda
10:15 - 11:00	Total Body Workout	4	Dance Studio	Claire
11:15 - 12:00	Zumba Gold	3	Dance Studio	Claire
18:00 - 18:45	Spinning ^{PB}	5	Spin Studio	Gym Team
19:00 - 19:45	Spinning ^{PB}	5	Spin Studio	Gym Team
18:15 - 18:45	HIIT	5	Dance Studio	Dan R
18:45 - 19:30	Sculpt & Tone	4	Dance Studio	Dan R
19:35 - 20:50	Yoga **	3	Dance Studio	John
20:00 - 21:45	Ladies Tennis		Tennis Court	
TUESDAY				
09:15 - 10:15	Pilates **	3	Dance Studio	Dan R
10:15 - 11:45	Freestyle Fitness Yoga **	4	Dance Studio	Julie
10:15 - 11:15	Circuits	5	Badminton Hall	Gym Team
10:30 - 11:30	Aqua Aerobics	3	Pool	Dan R
12:15 - 13:00	Functional Lifestyle Fitness	1	Dance Studio	Ady
18:00 - 18:45	Spinning ^{PB}	5	Spin Studio	Gym Team
18:15 - 18:45	Kettle Sculpt	5	Dance Studio	Dan R
18:45 - 19:30	Total Body Workout	4	Dance Studio	Dan R
19:15 - 20:15	Circuits	5	Badminton Hall	Gym Team
19:30 - 21:00	Yoga **	2	Dance Studio	John
20:00 - 21:45	Tennis Club Night		Tennis Court	
WEDNESDAY				
06:15 - 07:15	Inferno	5	Dance Studio	Sam C
09:30 - 10:15	Barre	4	Dance Studio	Anna
10:15 - 11:00	Spinning ^{PB}	5	Spin Studio	Ady
10:15 - 11:00	Inferno	5	Squash Courts	Sam C
10:30 - 11:30	Stability Ball Class	3	Dance Studio	Julie/ Angela
11:45 - 12:30	Dance Fit	3	Dance Studio	Cherie
18:00 - 18:45	Pilates **	3	Dance Studio	Dan R
19:15 - 20:00	Aqua Aerobics	4	Pool	Dan R
20:00 - 21:45	Mens Tennis Night		Tennis Courts	
THURSDAY				
09:15 - 10:00	Step	4	Dance Studio	Dan R
10:15 - 11:15	Circuits	5	Badminton Hall	Gym Team
10:30 - 11:30	Aqua Aerobics	3	Pool	Dan R
10:15 - 11:15	Yoga **	3	Dance Studio	Judy
11:15 - 12:00	Yogalates **	3	Dance Studio	Judy
12:15 - 13:00	Functional Lifestyle Forum	1	Dance Studio	Ady
18:00 - 18:45	Spinning ^{PB}	5	Spin Studio	Gym Team
18:15 - 18:45	HIIT	5	Dance Studio	Dan R
18:45 - 19:30	Kettle Sculpt	5	Dance Studio	Dan R
19:15 - 20:15	Circuits	5	Badminton Hall	Gym Team
19:30 - 20:30	Stretch/Recovery **	3	Dance Studio	Dan R
FRIDAY				
09:15 - 10:00	Spinning ^{PB}	5	Spin Studio	Miranda
09:15 - 10:00	Total Body Workout	4	Dance Studio	Claire
09:30 - 10:15	Deep Water Aqua Aerobics	3	Pool	Dan R
10:15 - 11:15	Pilates **	3	Dance Studio	Claire
11:15 - 12:00	Zumba Gold	3	Dance Studio	Claire
SATURDAY				
09:00 - 09:45	Spinning ^{PB}	5	Spin Studio	Dan
10:00 - 11:00	Bootcamp	4	Outside	Alex
SUNDAY				
09:00 - 09:45	Spinning ^{PB}	5	Spin Studio	Ady
10:30 - 11:30	Mat Based Class **	3	Dance Studio	Various

MEMBERS ONLY CLASS TIMETABLE and DESCRIPTIONS



Spin Studio

SPINNING

An excellent cardio workout that really burns the calories.

STRENGTH, STRETCHING & FLEXIBILITY

A class of postures designed to strengthen and tone your body and increase flexibility.

WATER BASED WORKOUTS

Includes fun based kids activities as well as water based aerobic exercises.



Three Swimming Pools

AEROBIC BASED WORKOUTS

A mix from low to high impact fat burning cardiovascular exercises, some may include a step platform.

SKILL ACQUISITION CLASSES

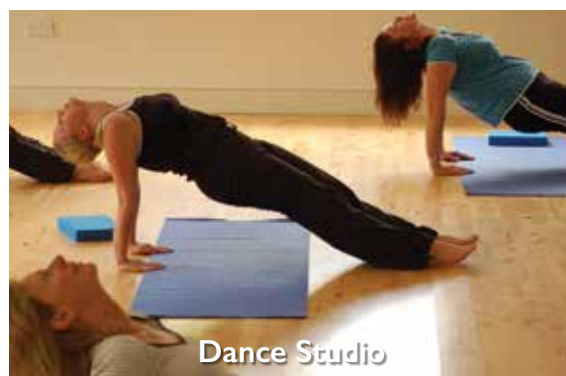
Skills acquisition training.

FUNCTIONAL FITNESS FOR SENIOR MEMBERS

Specially designed to match each classmember's ability & based around gentle exercise that will stretch but not over challenge.

RESISTANCE & CARDIO BASED CLASSES

Higher impact classes using your own body resistance and free weights to enhance your workout.



Dance Studio

Children's Class Timetable

MONDAY			
10:00 - 12:00	Crèche* PB	Creche	Amanda
12:15 - 12:45	Pre-School Swim 3 months - 5 yrs ***	Pool	Miranda
15:30 - 17:30	Swimming Lessons * *** PB	Pool	Sam C
17:00 - 18:00	Fitzone Gym 10 - 15 yrs ** PB	Fitzone	Gym Team
18:00 - 19:00	Badminton Coaching **PB	Badminton	Caroline
18:00 - 19:00	Football 8+ yrs	Outside	Sam M

TUESDAY			
10:00 - 12:00	Crèche *PB	Creche	Amanda
15:30 - 18:00	Swimming Lessons * *** PB	Pool	Sam C
17:00 - 18:00	Fitzone Gym 10 - 15 yrs ** PB	Fitzone	Gym Team
17:00 - 18:00	Tennis 6 - 8 yrs * *** PB	Tennis Courts	Mike
18:00 - 19:00	Tennis 12+ yrs * *** PB	Tennis Courts	Mike

WEDNESDAY			
09:30 - 10:00	Pre-School Swim 3 months - 5 yrs ***	Pool	Miranda
10:00 - 12:00	Crèche * PB	Creche	Amanda
16:00 - 18:15	Swimming Lessons * *** PB	Pool	Sam C
16:00 - 18:00	Crèche * PB	Creche	Amanda
16:15 - 17:00	Tennis 6 - 8 yrs * *** PB	Tennis Courts	Mike
17:00 - 18:00	Fitzone Gym 10 - 15 yrs ** PB	Fitzone	Gym Team
17:00 - 18:00	Tennis 9+ yrs * *** PB	Tennis Courts	Mike
18:00 - 19:00	Tennis 12+ yrs * *** PB	Tennis Courts	Mike
18:00 - 19:00	Fitzone Gym 10 - 15 yrs ** PB	Fitzone	Gym Team

THURSDAY			
10:00 - 12:00	Crèche * PB	Creche	Amanda
17:00 - 18:00	Fitzone Gym 10 - 15 yrs ** PB	Fitzone	Gym Team
17:00 - 18:00	Football / Tag Rugby ** 5 - 8 yrs	Outside	Gym Team

FRIDAY			
10:30 - 11:00	Pre-School Swim 3 months - 5 yrs ***	Pool	Miranda
10:00 - 12:00	Crèche * PB	Creche	Amanda
17:00 - 18:00	Fitzone 10 - 15 yrs ** PB	Fitzone	Gym Team

SATURDAY			
09:30 - 11:00	Swimming Lessons * *** PB	Pool	Miranda
09:30 - 11:00	Badminton Coaching <i>Invite only</i> **	Badminton Hall	Caroline
10:00 - 11:00	Junior Bootcamp	Outside	Alex
11:00 - 12:00	Fitzone 10 - 15 yrs ** PB	Fitzone	Gym Team

SUNDAY			
11:00 - 12:00	Aqua Fun	Pool	Club Team



Tailored Fitness for Kids

HEALTH & FITNESS FOR EVERYONE

FitZone - Please ensure your child has had an induction in the fitzone.

FitZone Gym - Supervised gym session for 10-15yrs. You must have a program to attend.

FitZone Inductions and Programs cannot be booked in the advertised times.

* Additional Cost ** Limited Availability

*** Term Time Only

‡ See notice boards ^{PB} Pre-bookable



Fitzone Gym



Junior Bootcamp



Crèche