

Monday	Junior Gym Adult Only Swim Killer Kettlebells Bootcamp Yoga - Hatha Flow Yoga - Gentle Flow 50+ Circuit Aquafit Junior Gym Virtual Spin* Spin HIIT Training Yoga - Vinyasa Flow Turn'd Up Fitness (£) Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.30 09.15-10.15 10.00-11.00 11.00-12.00 12.15-13.00 13.15-14.00 16.00-18.00 14.00-17.30 18.00-18.45 18.50-19.30 19.00-20:00 20.15-21.15 20.00-21.30	Gym Swimming Pool Functional Hall Functional Hall Dance Studio Dance Studio Toning Studio Swimming Pool Gym 30 min classes in Spin Studio Spin Studio Function Hall Dance Studio Dance Studio Swimming Pool
Tuesday	Junior Gym Adult Only Swim HIIT Spin JAB HIIT Abs Blast Turtle Tots (£) Virtual Spin* Junior Gym Circuit Training Yoga - Vinyasa Flow Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.15 09.15-10.00 10.00-10.45 11.00-12.00 11.00-17.30 16.00-18.00 18.00-19:00 19.00-20.00 20.00-21.30	Gym Swimming Pool Spin Studio Functional Hall Functional Hall Functional Hall Swimming Pool 30 min classes in Spin Studio Gym Functional Hall Dance Studio Swimming Pool
Wednesday	Junior Gym Adult Only Swim Bootcamp 20/20/20 Simply Stretch & Tone Virtual Spin* Waterbabies (£) Junior Gym Spin Boxfit Turn'd Up Fitness (£) Adult Only Swim	06.00-08.00 06.30-10.00 06:30-7:15 09.15-10.15 10.30-11.15 12.00-17.30 13.00-14.00 16.00-18.00 18.00-18.45 19.00-20.00 20.00-21.00 20.00-21.30	Gym Swimming Pool Functional Hall Functional Hall Functional Hall 30 min classes in Spin Studio Swimming Pool Gym Spin Studio Functional Hall Dance Studio Swimming Pool
Thursday	Junior Gym Adult Only Swim HIIT Spin Circuit Training Yoga - Gentle Flow Aquafit Virtual Spin* Kidsfit Junior Gym Circuit Training HIIT Spin Taekwon-do (£) Freestyle Kickboxing (£) Adult Only Swim	06.00-08.00 06.30-10.00 06:45-07:15 09.15-10.15 10.00-11.00 10.45-11.30 12.00-17.30 17.30-18.30 16.00-18.00 18.00-19:00 19:00-19:30 18:00-20:00 19:30-20:30 20.00-21.30	Gym Swimming Pool Spin Studio Functional Hall Dance Studio Swimming Pool 30 min classes in Spin Studio Dance Studio Gym Functional Hall Spin Studio Dance Studio Functional Hall Swimming Pool
Friday	Junior Gym Adult Only Swim HIIT Boxfit Bootcamp Fit Muma (£) Legs, Bums & Tums Virtual Spin* Waterbabies (£) Junior Gym Spin Boxfit Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.30 09.15-10.15 10.00-11.00 10.30-11.30 12.00-17.30 12.30-13.30 16.00-18.00 18.00-18.30 18.45-19.30 20.00-21.30	Gym Swimming Pool Functional Hall Functional Hall Dance Studio Functional Hall 30 min classes in Spin Studio Swimming Pool Gym Spin Studio Functional Hall Swimming Pool
Saturday	Toning Circuit Ballet Toes (£) Bootcamp HIIT Spin Junior Gym Virtual Spin*	08.30-09.15 09:00-12:00 09:45-10.45 10.45-11.15 12.00-17.00 16.00-19.30	Toning Studio Dance Studio Functional Hall Spin Studio Gym 30 min classes in Spin Studio
Sunday	Toning Circuit Bootcamp Yoga - Beginners Vinyasa Yoga - Vinyasa Flow Spin Junior Gym Virtual Spin* Changing Rooms & Pool Closed	08.30-09.15 09.45-10.45 09:00-10:00 10.00-11.00 10.45-11.15 12.00-17.00 12.00-17.30 18.00-Close	Toning Studio Functional Hall Dance Studio Dance Studio Spin Studio Gym 30 min classes in Spin Studio Deep Clean