

# Newark Sports and Fitness Centre

5th July 2018

## MONDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.15 - 10.00	JH	Active Pilates	1
10.00 - 10.45	JH	Active Pilates	1
10.00 - 11.00	V	Active Virtual Cycle	3
11.00 - 12.00	V	Active Virtual Pump	3
11.30 - 12.30	SB	Active 50+	2
12.15 - 13.00	MA	Active Aquatic Cycle	4
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	ER	Active Cycle	1
18.35 - 19.15	DC	Active Hydrolates	6
18.45 - 19.30	ER	Active Cycle	3
18.40 - 19.40	HT	Active Club Classics	1
19.45 - 20.30	RW	Active Metafit	1
19.15 - 20.00	DC	Active Aquatic Cycle	4
20.15 - 21.00	DC	Active Aqua	4

## TUESDAY

06.45 - 07.30	KW	Active Cycle	3
09.30 - 10.15	FG	Active Cycle	1
09.30 - 10.30	FT	Active 50+ (Term time only)	5
10.30 - 11.15	DC	Active Pump	1
11.30 - 12.30	CP	Active Yoga	1
12.15 - 13.00	EK	Active Hydropole	4
12.30 - 13.00	FT	Active SYNRGY 360	2
13.00 - 13.45	JS	Active Seated Exercise	1
13.15 - 14.15	FT	Active Disability Boccia	5
14.30 - 15.30	FT	Active Walking Football	5
16.00 - 16.30	FT	Active SYNRGY 360	2
17.45 - 18.30	JH	Active Pilates	1
17.45 - 18.30	KW	Active Cycle	3
18.45 - 19.30	EM	Active Cycle	3
18.45 - 19.30	RW	Active Metafit	1
19.15 - 20.00	DC	Active Hydropole	4
19.45 - 20.30	MA	Active Kettles	1
20.15 - 21.00	DC	Active Hydrofighter	4

## WEDNESDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
08.30 - 09.15	MA	Active Aquatic Cycle	4
09.30 - 11.30	MA	Active Heart Fit	2
10.00 - 11.00	V	Active Virtual Pump	3
11.15 - 12.15	BW	Active Yoga	1
12.15 - 13.00	BW	Active Meditation	1
12.30 - 13.00	FT	Active SYNRGY 360	2
14.00 - 14.45	JH	Active Pilates	1
15.10 - 15.55	DC	Active Aqua	4
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	EK	Active Zumba	1
18.30 - 19.00	FT	Active SYNRGY 360	2
18.30 - 19.15	ER	Active Cycle	3
18.45 - 19.30	DC	Active Aero Tone	1
19.45 - 20.30	DC	Active Pump	1

## THURSDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.00 - 10.15	LB	Change Your "Weigh"	1
09.30 - 10.30	FG	Active Cycle	3
11.00 - 12.00	V	Active Virtual Cycle	3
10.30 - 11.30	ES	Active Yoga	1
10.30 - 11.00	LK	Active SYNRGY 360	2
14.00 - 15.00	MA	Strokeability	1
12.15 - 13.00	EK	Active Hydrofighter	4
12.30 - 13.00	FT	Active SYNRGY 360	2
17.15 - 18.30	LB	Change Your "Weigh"	1
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	CW	Active Cycle	3
18.30 - 19.00	FT	Active SYNRGY 360	2
18.45 - 19.30	MA	Active Legs, Bums & Tums	1
19.45 - 20.30	MA	Active Yoga	1
20.45 - 21.30	MA	Active Pilates	1

### OPENING HOURS (Closed Bank Holidays)

06.30 - 22.00 Monday - Friday  
08.00 - 19.00 Saturday & Sunday

### JUNIOR GYM TIMES

Monday - Friday - 15.30 - 17.30  
Saturday & Sunday - 11.30 - 13.00

### CRECHE

Tue-Thurs 9.30-10.30 & 10.30-11.30

## FRIDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.15 - 10.15	EE	Active Pilates	1
10.00 - 11.00	V	Active Virtual Cycle	3
11.30 - 12.30	SB	Active 50+	2
13.30 - 14.30	FT	Active Disability Badminton	5
17.30 - 18.00	FT	Active SYNRGY 360	2
17.30 - 18:30	V	Active Virtual Cycle	3
18.15 - 19.00	DA	Active Cycle	1
19.15 - 20.00	DA	Active Cycle	1

## SATURDAY

08.30 - 09.15	FT	Active Cycle	1
09.30 - 10.15	RW	Active Metafit	2
10.30 - 11.30	V	Active Virtual Cycle	3
11.30 - 12.30	V	Active Virtual Cycle	3
12.30 - 13.00	FT	Active SYNRGY 360	2
17.30 - 18.00	FT	Active SYNRGY 360	2

## SUNDAY

08.30 - 09.15	JD	Active Cycle	1
12.30 - 13.00	FT	Active SYNRGY 360	2
16.00 - 17.00	V	Active Virtual Cycle	3
17.30 - 18.00	FT	Active SYNRGY 360	2

Michael Anderson	MA	Eva Katai	EK
Doyle Armstrong	DA	Christopher Paris	CP
Sharon Bilton	SB	Eloise Mcquaid	EM
Debra Christian	DC	Ella Revill	ER
Eve Edwards	EE	Virtual	V
Fitness Team	FT	Robson Worthington	RW
Jo Harrison	JH	Kieran Wiffin	KW
Felicity Garland	FG	Becky Womble	BW
Eleanor Stardust	ES	Jodie Dobb	JD
Liam Bagguley	LB	Hayley Thompson	HT
Jo Sage	JS	Lyndsey King	LK
Caroline Wright	CW		

1	Fitness Studio	2	Fitness Suite	3	Virtual Area
4	Main Pool	5	Sports Hall	6	Teaching Pool