

# Class Timetable

## Monday

07.00 - 07.30	FT	Active SYNRGY 360	4
09.30 - 10.15	JS	Active Box n Burn	1
09.30 - 10.30	KS	Active 50+	3
11.00 - 11.45	KW	Active Dance Fit	1
12.00 - 12.45	RS	Active Pilates	1
13.00 - 14.00	AO	Active Strokeability	1
14.00 - 14.45	JS	Active Seated Exercise	1
17.30 - 18.15	JS	Active Cycle	2
17.30 - 18.15	KW	Active Dance Fit	1
18.00 - 18.30	FT	Active SYNRGY 360	4
18.15 - 19.15	LS	Active Yoga	1
18.30 - 19.15	KW	Active Fitness Pilates	2
19.00 - 19.30	FT	Active SYNRGY 360	4

## Tuesday

07.00 - 07.30	FT	Active SYNRGY 360	4
09.30 - 10.00	FT	Active SYNRGY 360	4
09.30 - 10.00	KW	Active Cycle (Beginner)	2
10.00- 10.30	KW	Active Body Conditioning	1
10.30 - 12.00	JE	Active Heart Fit	1
13.00 - 13.30	FT	Active SYNRGY 360	4
17.30 - 18.00	FT	Active SYNRGY 360	4
18.15 - 19.00	TD	Active Body Conditioning	1
19.00 - 21.00		Social Badminton	3
19.15 - 20.00	TD	Active Cycle	2

## Wednesday

07.00 - 07.30	FT	Active SYNRGY 360	4
09.30 - 10.15	JS	Active Body Conditioning	1
09.30 - 10.30	KS	Active 50+	3
17.30 - 18.15	JS	Active Kettles	1
18.00 - 18.30	FT	Active SYNRGY 360	4
18.30 - 19.15	AO	Active Cycle	2
18.15 - 19.00	RS	Active Pilates	1
19.15 - 20.00	RS	Active Drum fun	1
19.15 - 20.15	GB	Active Tai Chi*	2

## Thursday

07.00 - 07.30	FT	Active SYNRGY 360	4
09.30 - 10.00	FT	Active SYNRGY 360	4
13.00 - 13.30	FT	Active SYNRGY 360	4
17.30 - 18.00	JS	Active Cycle (Beginner)	2
17.30 - 18.15	RS	Active Fitball	1
18.00 - 18.30	JS	Active Metafit	3
18.15 - 18.45	FT	Active SYNRGY 360	4
18.15 - 19.00	LS	Active Yoga	1

## Friday

07.00 - 07.30	FT	Active SYNRGY 360	4
09.30 - 10.00	FT	Active SYNRGY 360	4
09.30 - 10.30	LS	Active 50+	3
10.45 - 11.45	LS	Active Yoga	1
13.00 - 13.30	FT	Active SYNRGY 360	4
17.30 - 18.15	HT	Active Club Classics	2
18.30 - 19.00	FT	Active SYNRGY 360	4

## Saturday

09.00 - 09.45	KW	Active Cycle	2
09.45 - 10.15	KW	Active Body Conditioning	1
10.30 - 11.00	FT	Active SYNRGY 360	4

## Sunday

09.00 - 10.00	DB	Active Cycle And Abs	2
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Graham Ball	GB	Kathy Smith	KS
Danny Brewer	DB	Rachel Stafford	RS
Tom Doudie	TD	Lynn Stephenson	LS
James Ellard	JE	Fitness Team	FT
Adam Overland	AO	Katie Watson	KW
Jo Sage	JS		

Fitness Studio	1	Fitness Suite	4
Cycle Studio	2	Squash Court	5
Sports Hall	3		