

Class Timetable

Monday

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|---------------|----|------------------------|---|
| 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 - 18.30 | 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

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|---------------|----|--------|---|
| 09.30 - 10.00 | FT | Synrgy | 4 |
|---------------|----|--------|---|

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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 | | |

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