

Dukeries Leisure Centre

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	JE	Active SYNRGY 360	4
18.15 - 19.15	LS	Active Yoga	1
18.30 - 19.30	KW	Active Fitness Pilates	2
19.00 - 19.30	JE	Active SYNRGY 360	4

TUESDAY

07.00 - 07.30	JE	Active SYNRGY 360	4
09.30 - 10.00	JE	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	JE	Active SYNRGY 360	4
17.30 - 18.00	FT	Active SYNRGY 360	4
18.15 - 19.00	TD	Active Body Conditioning	1
19.30 - 21.00	GM	No Strings Badminton	3
19.15 - 20.00	TD	Active Cycle	2

WEDNESDAY

07.00 - 07.30	AO	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	JE	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	JE	Active SYNRGY 360	4
09.30 - 10.00	JE	Active SYNRGY 360	4
13.00 - 13.30	JE	Active SYNRGY 360	4
17.30 - 18.00	JS	Active Cycle (Beginner)	2
18.00 - 18.30	JS	Active Metafit	3
18.15 - 18.45	AO	Active SYNRGY 360	4
18.15 - 19.00	LS	Active Yoga	1
19.00 - 19.45	RS	Active Fitball	1

FRIDAY

07.00 - 07.30	JE	Active SYNRGY 360	4
09.30 - 10.00	JE	Active SYNRGY 360	4
09.30 - 10.30	LS	Active 50+	3
10.45 - 11.45	LS	Active Yoga	1
13.00 - 13.30	JE	Active SYNRGY 360	4
17.30 - 18.15	TD	Active Cycle	2
18.30 - 19.00	TD	Active SYNRGY 360	4

11th December 2017

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		

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

KEY:

*Age restriction—over 18's

OPENING HOURS (Closed Bank Holidays)

06.30 - 21.45 Monday - Thursday
06.30 - 21.15 Friday
08.00 - 17.45 Saturday & Sunday

JUNIOR GYM TIMES

Monday - Friday 15.00 - 17.00
 Saturday & Sunday - 11.00 - 15.00

Dukeries Leisure Centre

Main Road

Boughton

Newark NG22 9JJ

E-mail: enquiries@active4today.co.uk