

Class Timetable

Monday			
06.40 - 07.10	FT	Active Synrgy 360	2
09.15 - 10.00	JH	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy Cycle 360	2
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+	5
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
18.45 - 19.30	ER	Active Cycle	3
18.40 - 19.40	HC	Active Club Classics	1
19.15 - 20.00	DC	Active Aquatic Cycle	4
20:00 – 20:45	LB	Active Yoga	1
20.15 - 21.00	DC	Active Aqua	4

Tuesday			
06.45 - 07.30	KW	Active Cycle	1
07.30 - 08.00	FT	HIITS (Premier Members Only)	2
09.30 - 10.15	FG	Active Cycle	1
09.30 - 10.30	FT	Active 50+	5
10.30 - 11.15	DC	Active Pump	1
10.30 - 11.00	FT	HIITS (Premier Members Only)	2
11.30 - 12.30	CP	Active Yoga	1
12.30 - 13.00	FT	Active Synrgy 360	2
13.00 - 13.45	JS	Active Seated Exercise	1
13.15 - 14.15	SG	Active Disability Boccia	5
14.30 - 15.30	SG	Active Walking Football	5
16.00 - 16.30	FT	Active Synrgy with Core	2
17.45 - 18.30	JH	Active Pilates	1
17.45 - 18.30	KW	Active Cycle	3
18.45 - 19.30	JD	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 - 13.15	BW	Active Yoga	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 (including Aqua Natal)	4
17.30 - 18.00	FT	Active Synrgy with Kettles	2
17.45 - 18.30	JD	Active Dance Fit	1
18.00 - 18.30	FT	HIITS (Premier Members Only)	2
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
07.30 - 08.00	FT	HIITS (Premier Members Only)	2
09.15 - 10.30	HJ	Active Cardiac Rehabilitation	3
09.30 - 10.15	FG	Active Cycle	1
10.30 - 11.30	LK	Active Yoga	1
10.30 - 11.00	FT	HIITS (Premier Members Only)	2
11.00 - 12.00	V	Active Virtual Cycle	3
11.00 - 12.30	SG	Active Walking Cricket	5
12.30 - 13.00	FT	Active Synrgy 360	1
14.00 - 15.00	MA	Strokeability	3
17.30 - 18.00	FT	Active Synrgy with Boxing	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

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

Friday			
06.40 - 07.10	FT	Active Synrgy 360	2
09.15 - 10.15	EE	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy 360	2
09.30 - 10.30	HC	Active Bootcamp 20:20:20* (6wks)	5
10.00 - 11.00	V	Active Virtual Cycle	3
11.30 - 12.30	SB	Active 50+	2
13.30 - 14.30	VC	Active Disability Sport	5
17.30 - 18.00	FT	Active Synrgy 360	2
17.30 - 18:30	V	Active Virtual Cycle	3
18.15 - 19.00	ER	Active Cycle	1
19.15 - 20.00	ML	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 with Boxing	2
17.30 - 18.00	FT	Active Synrgy 360	2

Sunday			
08.30 - 09.15	JD	Active Cycle	1
09.30 - 10.30	SH	Active Bootcamp 20:20:20* (6wks)	2
12.30 - 13.00	FT	Active Synrgy with Kettles	2
16.00 - 17.00	V	Active Virtual Cycle	3
17.30 - 18.00	FT	Active Synrgy 360	2

Michael Anderson	MA	Lindsey King	LK
Liam Bagguley	LB	Mark Layfield	ML
Sharon Bilton	SB	Ella Revill	ER
Debra Christian	DC	Sean Gross	SG
Jenna Davis	JD	Hayley Clarke	HC
Jodie Dobb	JD	Virtual	V
Eve Edwards	EE	Kieran Wiffin	KW
Fitness Team	FT	Becky Womble	BW
Felicity Garland	FG	Robson Worthington	RW
Jo Harrison	JH	Caroline Wright	CW
Helen Jones	HJ	Vince Cross	VC
Samual Hickery	SH	Christopher Paris	CP

Timetable version: NSFC July 1st 2019

***6 week course commencing July 1st 2019**