

Newark 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 with Cycle	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

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	EF	Active Seated Exercise	1
13.15 - 14.15	DL	Active Disability Boccia	5
14.30 - 15.30	DL	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	CN	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
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	FT	Active Synrgy 360	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 - 10.00	FT	Active Synrgy 360	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	Helen Jones	HJ
Liam Bagguley	LB	Lindsey King	LK
Sharon Bilton	SB	Mark Layfield	ML
Debra Christian	DC	Dave Long	DL
Hayley Clarke	HC	Clare Newport	CN
Vince Cross	VC	Christopher Paris	CP
Jenna Davis	JD	Ella Revill	ER
Jodie Dobb	JD	Fitness Team	FT
Ellie Drewett	ED	Virtual	V
Eve Edwards	EE	Becky Womble	BW
Felicity Garland	FG	Robson Worthington	BW
Sean Gross	SG	Caroline Wright	RW
Jo Harrison	JH		

Timetable version: NSFC August 13th 2019