

# Blidworth Leisure Centre

## Class Timetable

Monday				
06.30 - 21.00	FT	Fitness Suite open		3
06.30 - 18.00	FT	Junior Fitness*		3
09.00 - 09.45	FT	Active Circuits		2
17.30 - 18.00	FT	Active Synrgy		3
18.15 - 19.00	LS	Active Dancefit		1
19.00 - 19.45	LS	Active Yoga		2

Tuesday				
06.30 - 21.00	FT	Fitness Suite open		3
06.30 - 18.00	FT	Junior Fitness*		3
07.00 - 07.30	FT	Active Synrgy 360		3
09.00 - 09.30	FT	Active Synrgy 360		3
09.30 - 10.15	RM	Active Pump		2
18.00 - 18.45	CW	Active Kettles		2
18.45 - 19.30	CW	Active Cycle		1
19.30 - 20.00	CW	Active Abs Blast		2

Wednesday				
06.30 - 21.00	FT	Fitness Suite open		3
06.30 - 18.00	FT	Junior Fitness*		3
07.00 - 07.30	FT	Active Synrgy 360		3
09.00 - 09.30	FT	Active Synrgy 360		3
09.30 - 10.15	MH	Active Body Conditioning		2
17.30 - 18.00	RM	Active Metafit		2
18:00 - 18:30	RM	Active Suspension Training		2
18.30 - 19.15	RM	Active Cycle		1
18:30 - 19:15	LS	Active Pilates		2

Thursday				
06.30 - 21.00	FT	Fitness Suite open		3
06.30 - 18.00	FT	Junior Fitness*		3
07.00 - 07.45	CW	Active Cycle		1
09.00 - 09.30	FT	Active Synrgy 360		3
09.30 - 10.15	MH	Active Body Conditioning		2
10.30 - 11.15	CW	Active Seated Exercise		1
11.30 - 12.30	CW	Active Strokeability		3
18.00 - 18.45	BW	Active Kettles		2
18.45 - 19.30	BW	Active Yoga		2

Friday				
06.30 - 20.30	FT	Fitness Suite open		3
06.30 - 18.00	FT	Junior Fitness*		3
07.00 - 07.30	FT	Active Synrgy 360		3
09.00 - 09.30	FT	Active Synrgy 360		3
09.30 - 10.15	MH	Active Kettles		2
10.15 - 11.00	KR	Active Fitness Pilates		2
17.30 - 18.15	FT	Active Circuits		3

Saturday				
08.00 - 16.00	FT	Fitness Suite open		3
08.00 - 14.30	FT	Junior Fitness*		3
09.30 - 10.15	LS	Active Yoga		2

Sunday				
08.00 - 16.00	FT	Fitness Suite open		3
08.00 - 14.30	FT	Junior Fitness*		3
09.30 - 10.15	FT	Active Circuits		3

### CUSTOMER INFORMATION

**CLEANING PROGRAMME** – All facilities and equipment cleaned regularly throughout the day.

**\*JUNIOR FITNESS – 8-15yrs.** Juniors can access the Fitness Suite outside of the Junior Fitness Times if accompanied by a responsible adult. Juniors aged 14 & 15yrs can only use the Free Weights equipment after completing the additional Free Weights Induction. Unlimited use.

**AGE/HEIGHT RESTRICTIONS** – Min age 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

### ACTIVITY LOCATION KEY:

Fitness Studio	1
Activity Studio	2
Fitness Suite	3

### INSTRUCTOR KEY:

Michelle Harding	MH	Fitness Team	FT
Ronnie Major	RM	Chris Wood	CW
Kelia Rowlands	KR	Becky Womble	BW
Lynn Stevenson	LS		

Timetable Version: 14<sup>th</sup> October 2024