

# Dukeries Class Timetable

Monday			
07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.15	AO	Active Synrgy with Boxing	4
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	LS	Strength & Balance (Otago)	1
17.30 - 18.15	AO	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	2
10.00 - 10.30	KW	Active Body Conditioning	1
10.30 - 12.00	AO	Active Heart Fit	1
13.00 - 13.30	FT	Active Synrgy 360	4
17.30 - 18.15	DC	Active Kettles	1
18.15 - 19.00	LB	Active Pilates	1
19.00 - 21.00		Social Badminton	3

Wednesday			
07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.15	KW	Active Body Conditioning	1
09.30 - 10.30	KS	Active 50+	3
17.30 - 18.15	RS	Active Lower Body Tone	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 Step Tone	1

Thursday			
07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.00	FT	Active Synrgy with Core	4
13.00 - 13.30	FT	Active Synrgy 360	4
17.30 - 18.00	RM	Active Cycle	2
17.30 - 18.15	RS/LS	Active BarreFit	1
18.00 - 18.30	RM	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 Balance	1
13.00 - 13.30	FT	Active Synrgy 360	4
17.30 - 18.30	HC	Active Club Classics	1
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

Adam Overland	AO	Kathy Smith	KS
Danny Brewer	DB	Katie Watson	KW
Dale Chapman	DC	Liam Bagguley	LB
Fitness Team	FT	Lynn Stevenson	LS
Hayley Clarke	HC	Rachel Stafford	RS
Everyone Health	EH	Ronnie Major	RM

Fitness Studio	1	Sports Hall	3
Cycle Studio	2	Fitness Suite	4