

Dukeries Leisure Centre

Class Timetable

Monday			
06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.15 - 10.00	RS	Active Pilates	5
09.00 - 09.30	FT	Active Synrgy	1
09.30 - 10.15	KW	Active Dancefit	2
10.15 - 11.00	RS	Active Pilates	5
17.45 - 18.30	AO	Active Cycle	3
17.45 - 18.30	DS	Active Dancefit	5
18.45 - 19.30	JC	Active Strength & Tone	5

Tuesday			
06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.00 - 09.30	FT	Active Synrgy	1
09.30 - 10.00	KW	Active Cycle	3
10:00 - 10.30	KW	Active Body Conditioning	2
11.00 - 11.45	AO	Active Mobility Circuits	5
17.45 - 18.30	KW	Active Cycle	3
18:45 - 19:30	KW	Active Aqua Aerobics	4
18.45 - 19.30	DC	Active Kettles	2

Wednesday			
06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.15 - 10.00	KS	Active 50+	2
09.00 - 09.30	FT	Active Synrgy	1
10.15 - 11.00	RS	Active Step & Tone	2
11.15 - 12.00	RS	Active Aqua Aerobics	4
17.45 - 18.30	AO	Active Cycle	3
17.45 - 18.30	RS	Active Pilates	5
18.45 - 19.30	RS	Active Step & Tone	2
18.45 - 19.30	KW	Active Aqua Aerobics	4

Thursday			
06.30 - 21.00	FT	Fitness Suite Open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.00 - 09.30	FT	Active Synrgy	1
09.30 - 10.15	DS	Active Strength & Tone	2
17.30 - 18.15	KW	Active Aqua Aerobics	4
18.30 - 19.15	KW	Active Pilates	2

Friday			
06.30 - 20.30	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.00 - 09.30	FT	Active Synrgy	1
09.30 - 10.15	LS	Active 50+	2
10.30 - 11.15	LS	Active Yoga	5
10.30 - 11.15	KW	Active Aqua Aerobics	4
18.30 - 19.15	DS	Active Dance Fit	2

Saturday			
08.00 - 17.45	FT	Fitness Suite open	1
08.00 - 14.30	FT	Junior Fitness*	1
08.45 - 09.30	KW	Active Cycle	3
09.30 - 10.15	KW	Active Body Conditioning	2

Sunday			
08.00 - 17.45	FT	Fitness Suite open	1
08.00 - 14.30	FT	Junior Fitness*	1
09.30 - 10.00	FT	Active Synrgy	1

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

* **JUNIOR FITNESS** – 8-15yrs. Juniors can access the Fitness Suite outside of 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 12yrs for Active Aqua Aerobics, weight-bearing classes 14yrs when accompanied by an adult. Active Cycle min height of 5ft.

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

ACTIVITY LOCATION KEY:

Fitness Suite	1	Sports Hall	2
Cycle Studio	3	Swimming Pool	4
Fitness Studio	5		

INSTRUCTOR KEY:

Carrie Birkin	CB	Lynn Stevenson	LS
Dale Chapman	DC	Deborah Swain	DS
Adam Overland	AO	Katie Watson	KW
Kathy Smith	KS	Fitness Team	FT
Rachel Stafford	RS	James Chrich	JC

Timetable version: 14th October 2024