

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
09.30 - 10.00	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	KW	Active Dancefit	5
18.45 - 19.30	FT	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
09.30 - 10.00	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/Fit For Life	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
09.30 - 10.00	FT	Active Synrgy	1
09.15 - 10.00	KS	Active 50+	2
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
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	FT	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
09.30 - 10.00	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
09.00 - 09.30	KW	Active Cycle	3
09.30 - 10.00	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		

Timetable version: 15th April 2024