

Newark Class Timetable

Monday			
06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	MA	Active Pilates	1
10.00 - 10.30	FT	Active Synrgy	2
10.15 - 11.00	MA	Active Yoga	1
15.15 - 16.00	EE	Seated Exercise	1
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	ER	Active Cycle	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.30	MA	Active Pump	1
19.45 - 20.30	FT	Active Aqua Aerobics	4
19.45 - 20.30	LB	Active Yoga	1
20.00 - 20.30	FT	Active Circuits	2

Tuesday			
06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	FG	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.15	MA	Active Pump	1
12.30 - 13.00	FT	Active Synrgy	2
13.15 - 14.15	CP	Active Yoga	1
15.15 - 16.15	BF	Active Neurofit	1
17.30 - 18.15	PD	Active Cycle	1
17.45 - 18.30	JK	Active Hoop Fitness	3
18.00 - 18.30	FT	Active Synrgy	2
18.30 - 19.15	PD	Active Broadway Boogie	1
19.30 - 20.15	PD	Active Total Body Tone	1

Wednesday			
06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	DW	Active Dancefit	1
09.30 - 10.15	MA	Active Aquatic Cycle	4
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.30	MA	Active Heart Fit	2
16.45 - 17.30	MA	Active Pilates	1
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	PD	Active BoxFit	1
18.00 - 18.30	FT	Active Synrgy	2
19.00 - 19.45	ER	Active Cycle	1

Thursday			
06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	FG	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.15	MA	Active Yoga	1
12.30 - 13.00	FT	Active Synrgy	2
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	JK	Active Dancefit	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.45	LK	Active Yoga	1

Friday			
06.00 - 20.30	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.15	EE	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy	2
10.30 - 11.30	CP	Active Yoga	5
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	DA	Active Cycle	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.30	DA	Active Cycle	1

Saturday			
08.00 - 18.00	FT	Fitness Suite open	2
08.00 - 14.30	FT	Junior Fitness*	2
08.30 - 09.15	MA/PD	Active Body Conditioning	1
09.30 - 10.30	LK	Active Yoga	1
10.30 - 11.00	FT	Active Synrgy	2
16.45 - 17.15	FT	Active Circuits	2

Sunday			
08.00 - 18.00	FT	Fitness Suite open	2
08.00 - 14.30	FT	Junior Fitness*	2
08.45 - 09.30	FG	Active Cycle	1
10.30 - 11.00	FT	Active Synrgy	2

ACTIVITY LOCATION KEY:

Fitness Studio	1	Main Pool	4
Fitness Suite	2	Squash Courts	5
Sports Hall	3		

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

CLEANING PROGRAMME - All activity areas and equipment cleaned regularly throughout the day.

***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 water-based classes and 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

INSTRUCTOR KEY:

Michael Anderson	MA	Felicity Garland	FG
Doyle Armstrong	DA	Lyndsey King	LK
Liam Bagguley	LB	Jenna Knights	JK
Paige Davis	PD	Chris Paris	CP
Dorota Wietczak	DW	Ella Revill	ER
Eve Edwards	EE	Fitness Team	FT
Beth Fisher	BF		

Timetable version: 14th October 2024