

# Newark Class Timetable

| Monday        |    |                            |   |
|---------------|----|----------------------------|---|
| 06.00 - 21.00 | FT | Fitness Suite open         | 2 |
| 06.00 - 18.00 | FT | Junior Fitness*            | 2 |
| 06.45 - 07.30 | JD | Active Cycle               | 1 |
| 07.00 - 07.30 | FT | Active Synrgy              | 2 |
| 08.15 - 09.00 | PD | Active Broadway Boogie (L) | 1 |
| 09.15 - 10.00 | MA | Active Pilates             | 3 |
| 09.30 - 10.15 | PD | Active Legs, Bums & Tums   | 1 |
| 10.00 - 10.30 | FT | Active Synrgy              | 2 |
| 10.15 - 11.00 | MA | Active Yoga                | 1 |
| 10.30 - 11.15 | SS | Active Aqua Aerobics       | 4 |
| 15.15 - 16.00 | EE | Seated Exercise            | 1 |
| 16.30 - 17.00 | FT | Xp Synrgy (11-15 yrs)      | 2 |
| 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 | SS | Active Aqua Aerobics       | 4 |
| 19.45 - 20.30 | LB | Active Yoga                | 1 |

| 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 - 16.00 | BF | Active Neurofit           | 1 |
| 16.30 - 17.15 | KG | Active Family Drumfun^    | 3 |
| 16.45 - 17.15 | FT | Free Weights Fundamentals | 2 |
| 17.45 - 18.30 | PD | Active RIIDE (L)          | 1 |
| 17.30 - 18.15 | KG | Active Drumfun            | 3 |
| 18.00 - 18.30 | FT | Active Synrgy             | 2 |
| 18.30 - 19.15 | KG | Active Body Boogie        | 3 |
| 18.45 - 19.30 | PD | Active Clubbercise (L)    | 1 |
| 19.45 - 20.30 | PD | Active HIITMIX (L)        | 1 |

## ACTIVITY LOCATION KEY:

|                |   |               |   |
|----------------|---|---------------|---|
| Fitness Studio | 1 | Main Pool     | 4 |
| Fitness Suite  | 2 | Squash Courts | 5 |
| Sports Hall    | 3 | Teaching Pool | 6 |

| 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 |
| 08.30 - 09.15 | DW | Active Aqua Aerobics | 4 |
| 09.30 - 10.15 | 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 HIITMIX (L)   | 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 |
| 10.45 - 11.30 | KG | Active Drumfun         | 3 |
| 12.15 - 13.00 | SS | Active Aquatone        | 6 |
| 12.30 - 13.00 | FT | Active Synrgy          | 2 |
| 16.30 - 17.00 | FT | Xp Synrgy (11-15 yrs)  | 2 |
| 17.15 - 17.45 | FT | Active Synrgy          | 2 |
| 17.45 - 18.30 | PD | Active Clubbercise (L) | 1 |
| 18.00 - 18.30 | FT | Active Synrgy          | 2 |
| 18.45 - 19.45 | LK | Active Yoga            | 1 |
| 19.00 - 19.45 | PD | Active Body Fusion     | 3 |

## INSTRUCTOR KEY:

|                  |    |                 |    |
|------------------|----|-----------------|----|
| Michael Anderson | MA | Katie Goodier   | KG |
| Doyle Armstrong  | DA | Lyndsey King    | LK |
| Liam Bagguley    | LB | Chris Paris     | CP |
| Paige Davis      | PD | Ella Revill     | ER |
| Jodie Dobb       | JD | Szymon Swiatek  | SS |
| Eve Edwards      | EE | Fitness Team    | FT |
| Beth Fisher      | BF | Dorota Wietczak | DW |
| Felicity Garland | FG |                 |    |

| Friday        |    |                        |   |
|---------------|----|------------------------|---|
| 06.00 - 20.30 | FT | Fitness Suite open     | 2 |
| 06.00 - 18.00 | FT | Junior Fitness*        | 2 |
| 06.45 - 07.30 | PD | Active Step N Tone (L) | 1 |
| 07.00 - 07.30 | FT | Active Synrgy          | 2 |
| 07.45 - 08.30 | PD | Active Pump            | 1 |
| 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 |
| 18.45 - 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 (L) | 1 |
| 09.30 - 10.30 | LK    | Active Yoga                  | 1 |
| 10.30 - 11.00 | FT    | Active Synrgy                | 2 |
| 16.45 - 17.15 | FT    | Free Weights Fundamentals    | 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 |
| 11.15 - 11.45 | FT | Free Weights Fundamentals (ladies) | 2 |

## CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

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

**(L)** Motivational lighting may be used in this class

**\*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.

Xp Synrgy 11-15 yrs – From School Year 7

Free Weights Fundamentals – ages 16yrs+ or having passed 3-part Free Weights Induction

**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.

^ Active Family Drumfun - 8yrs +

Timetable version: 12<sup>th</sup> January 2026