

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
10.30 - 11.15	SS	Active Aqua Aerobics	4
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	DW	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 (L)	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 (L)	1
19.30 - 20.15	PD	Active HIITMIX (L)	1

ACTIVITY LOCATION KEY:

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

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
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
19.00 - 19.45	JK	Active Drum Stix Fit	3

INSTRUCTOR KEY:

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

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

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.

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.

Timetable version: 6th January 2025