

Newark Class Timetable

Monday				Wednesday				Friday			
06.00 - 21.00	FT	Fitness Suite open	2	06.00 - 21.00	FT	Fitness Suite open	2	06.00 - 20.30	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2	06.00 - 18.00	FT	Junior Fitness*	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	07.00 - 07.30	FT	Active Synrgy	2
07.00 - 07.30	FT	Active Synrgy	2	08.30 - 09.15	DW	Active Aqua Aerobics	4	09.15 - 10.15	EE	Active Pilates	1
09.15 - 10.00	MA	Active Pilates	1	09.30 - 10.15	DW	Active Dancefit	1	09.30 - 10.00	FT	Active Synrgy	2
10.00 - 10.30	FT	Active Synrgy	2	09.30 - 10.15	MA	Active Aquatic Cycle	4	10.30 - 11.30	CP	Active Yoga	5
10.30 - 11.15	SS	Active Aqua Aerobics	4	10.00 - 10.30	FT	Active Synrgy	2	17.15 - 17.45	FT	Active Synrgy	2
10.15 - 11.00	MA	Active Yoga	1	10.30 - 11.30	MA	Active Heart Fit	2	17.45 - 18.30	DA	Active Cycle	1
15.15 - 16.00	EE	Seated Exercise	1	16.45 - 17.30	MA	Active Pilates	1	18.45 - 19.30	DA	Active Cycle	1
16.30 - 17.00	FT	Xp Synrgy (11-15 yrs)	2	17.15 - 17.45	FT	Active Synrgy	2	Saturday			
17.15 - 17.45	FT	Active Synrgy	2	17.45 - 18.30	PD	Active HIITMIX (L)	1				
17.45 - 18.30	ER	Active Cycle	1	18.00 - 18.30	FT	Active Synrgy	2				
18.00 - 18.30	FT	Active Synrgy	2	19.00 - 19.45	ER	Active Cycle	1	08.00 - 18.00	FT	Fitness Suite open	2
18.45 - 19.30	MA	Active Pump	1	Thursday				08.00 - 14.30	FT	Junior Fitness*	2
19.45 - 20.30	SS	Active Aqua Aerobics	4					08.30 - 09.15	MA/PD	Active Body Conditioning (L)	1
19.45 - 20.30	LB	Active Yoga	1					09.30 - 10.30	LK	Active Yoga	1
Tuesday				06.00 - 21.00	FT	Fitness Suite open	2	10.30 - 11.00	FT	Active Synrgy	2
				06.00 - 18.00	FT	Junior Fitness*	2	16.45 - 17.15	FT	Free Weights Fundamentals	2
				07.00 - 07.30	FT	Active Synrgy	2	Sunday			
09.15 - 10.00	FG	Active Cycle	1	08.00 - 18.00	FT	Fitness Suite open	2				
10.00 - 10.30	FT	Active Synrgy	2	08.00 - 14.30	FT	Junior Fitness*	2				
10.30 - 11.15	MA	Active Pump	1	10.30 - 11.15	MA	Active Yoga	1	08.45 - 09.30	FG	Active Cycle	1
12.30 - 13.00	FT	Active Synrgy	2	10.45 - 11.30	KG	Active Drumfun	3	10.30 - 11.00	FT	Active Synrgy	2
13.15 - 14.15	CP	Active Yoga	1	12.30 - 13.00	FT	Active Synrgy	2	11.15 – 11.45	FT	Free Weights Fundamentals (ladies)	2
15.15 - 16.00	BF	Active Neurofit	1	16.30 - 17.00	FT	Xp Synrgy (11-15 yrs)	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.			
16.45 - 17.15	FT	Free Weights Fundamentals	2	17.15 - 17.45	FT	Active Synrgy	2				
17.45 - 18.30	PD	Active Cycle (L)	1	17.45 - 18.30	PD	Active Clubbercise (L)	1				
17.45 - 18.30	KG	Active Drumfun	3	18.00 - 18.30	FT	Active Synrgy	2				
18.00 - 18.30	FT	Active Synrgy	2	18.45 - 19.45	LK	Active Yoga	1				
18.30 - 19.15	KG	Active Body Boogie	3	19.00 - 19.45	PD	Active Body Fusion	3				
18.45 - 19.30	PD	Active Clubbercise (L)	1	INSTRUCTOR KEY:							
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										
				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						

Timetable version: 7th October 2025