

Newark Class Timetable

Monday			
06.40 - 07.10	FT	Active Synrgy 360	2
09.15 - 10.00	JH	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy with Cycle	2
10.00 - 10.45	JH	Active Pilates	1
11.30 - 12.30	SB	Active 50+ Fitness	2
12.15 - 13.00	MA	Active Aquatic Cycle	4
17.30 - 18.00	FT	Active Synrgy 360	2
17.45 - 18.30	ER	Active Cycle	1
18.45 - 19.30	ER	Active Cycle	3
18.40 - 19.40	HC	Active Club Classics	1
19.15 - 20.00	DC	Active Aquatic Cycle	4
19.45 - 22.00		Social Badminton	5
20.00 - 20.45	LB	Active Yoga	1
20.15 - 21.00	DC	Active Aqua	4

Tuesday			
07.30 - 08.00	FT	Active Synrgy 360	2
09.30 - 10.15	FG	Active Cycle	1
09.30 - 10.30		Active 50+ Sports	5
10.30 - 11.15	DC	Active Pump	1
11.30 - 12.30	CP	Active Yoga	1
12.30 - 13.00	FT	Active Synrgy 360	2
13.00 - 13.45	EF	Active Seated Exercise	1
13.15 - 14.15	SD	Active Disability Boccia	5
14.30 - 15.30	SD	Active Walking Football	5
16.00 - 16.30	FT	Active Synrgy with Core	2
17.45 - 18.30	JH	Active Pilates	1
17.45 - 18.30	CN	Active Cycle	3
18.45 - 19.30	JD	Active Cycle	3
18.45 - 19.30	DD	Active Circuits	1
19.15 - 20.00	DC	Active Hydropole	4
19.45 - 20.30	MA	Active Kettles	1
20.15 - 21.00	DC	Active Hydrofighter	4

Wednesday			
06.40 - 07.10	FT	Active Synrgy 360	2
08.30 - 09.15	MA	Active Aquatic Cycle	4
09.30 - 11.30	MA	Active Heart Fit	2
11.15 - 12.15	BW	Active Yoga	1
12.15 - 13.15	BW	Active Yoga	1
12.30 - 13.00	FT	Active Synrgy 360	2
14.00 - 14.45	JH	Active Pilates	1
15.10 - 15.55	DC	Active Aqua (including Aqua Natal)	4
17.30 - 18.00	FT	Active Synrgy with Kettles	2
17.45 - 18.30	JD	Active Dance Fit	1
18.30 - 19.00	FT	Active Synrgy 360	2
18.30 - 19.15	ER	Active Cycle	3
18.45 - 19.30	DC	Active Aero Tone	1
19.45 - 20.30	DC	Active Pump	1

Thursday			
06.40 - 07.10	FT	Active Synrgy 360	2
07.30 - 08.00	FT	Active Synrgy 360	2
09.15 - 10.30	HJ	Active Cardiac Rehabilitation	3
09.30 - 10.00	FT	Active Synrgy 360	
09.30 - 10.15	FG	Active Cycle	1
10.30 - 11.30	LK	Active Yoga	1
11.00 - 12.30	SD	Active Walking Cricket	5
12.30 - 13.00	FT	Active Synrgy 360	1
14.00 - 15.00	SD	Active Walking Netball	5
14.00 - 15.00	MA	Active Strength & Balance	3
17.30 - 18.00	FT	Active Synrgy with Boxing	2
17.45 - 18.30	CW	Active Cycle	3
18.30 - 19.00	FT	Active Synrgy 360	2
18.45 - 19.30	MA	Active Legs, Bums & Tums	1
19.45 - 20.30	MA	Active Yoga	1
20.45 - 21.30	MA	Active Pilates	1

Friday			
06.40 - 07.10	FT	Active Synrgy 360	2
09.15 - 10.15	EE	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy 360	2
11.30 - 12.30	SB	Active 50+ Fitness	2
13.30 - 14.30	VC	Active Disability Sport	5
17.30 - 18.00	FT	Active Synrgy 360	2
18.15 - 19.00	ER	Active Cycle	1
19.15 - 20.00	ML	Active Cycle	1

Saturday			
08.30 - 09.15	FT	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy 360	2
12.30 - 13.00	FT	Active Synrgy with Boxing	2
17.30 - 18.00	FT	Active Synrgy 360	2

Sunday			
08.30 - 09.15	JD	Active Cycle	1
09.30 - 10.00	FT	Active Synrgy 360	2
12.30 - 13.00	FT	Active Synrgy with Kettles	2
17.30 - 18.00	FT	Active Synrgy 360	2

Michael Anderson	MA	Jo Harrison	JH
Liam Bagguley	LB	Helen Jones	HJ
Sharon Bilton	SB	Lindsey King	LK
Debra Christian	DC	Mark Layfield	ML
Hayley Clarke	HC	Dave Long	DL
Vince Cross	VC	Clare Newport	CN
Jenna Davis	JD	Christopher Paris	CP
Jodie Dobb	JD	Ella Revill	ER
Daniel Dogiel	DD	Fitness Team	FT
Sports Development	SD	Virtual	V
Ellie Drewett	ED	Becky Womble	BW
Eve Edwards	EE	Caroline Wright	CW
Felicity Garland	FG		

Fitness Studio	1	Main Pool	4
Fitness Suite	2	Sports Hall	5
Virtual Area	3	Teaching Pool	6
Squash Courts	7		

Virtual Classes

Sessions are available on demand – for assistance please speak to a member of the fitness suite team