

# Southwell Class Timetable

| Monday        |    |                           |   |
|---------------|----|---------------------------|---|
| 06.30 - 21.00 | FT | Fitness Suite open        | 1 |
| 06.30 - 18.00 | FT | Junior Fitness*           | 1 |
| 07.00 - 07.30 | FT | Active HIITs              | 1 |
| 09.00 - 09.30 | FT | C30 - Small Group Workout | 1 |
| 09.00 - 10.00 | EE | Active Pilates            | 2 |
| 10.15 - 11.00 | CY | Active Drum Fun           | 2 |
| 11.15 - 12.00 | CY | Active Box Fun            | 6 |
| 11.30 - 12.15 | LK | Active Yoga               | 2 |
| 18.00 - 18.45 | TD | Active Cycle              | 3 |
| 19.00 - 19.45 | TD | Active Body Conditioning  | 1 |
| 19.30 - 20.15 | RS | Active Pilates            | 3 |

| Tuesday       |    |                        |   |
|---------------|----|------------------------|---|
| 06.30 - 21.00 | FT | Fitness Suite open     | 1 |
| 06.30 - 18.00 | FT | Junior Fitness*        | 1 |
| 09.00 - 09.30 | FT | Active HIITs           | 1 |
| 09.30 - 10.15 | RS | Active Lower Body Tone | 6 |
| 10.30 - 11.15 | RS | Active Pilates         | 6 |
| 10.30 - 11.15 | LS | Seated Exercise        | 3 |
| 11.30 - 12.15 | LS | Active Dancefit        | 6 |
| 18.00 - 18.45 | DS | Active Dancefit        | 2 |
| 18.30 - 19.15 | CB | Active Cycle           | 3 |
| 19.15 - 20.00 | CB | Active Pump            | 6 |

| Wednesday     |    |                            |   |
|---------------|----|----------------------------|---|
| 06.30 - 21.00 | FT | Fitness Suite open         | 1 |
| 06.30 - 18.00 | FT | Junior Fitness*            | 1 |
| 07.00 - 07.30 | FT | Active HIITs               | 1 |
| 09.00 - 09.30 | FT | Active HIITs               | 1 |
| 09.00 - 10.00 | SA | Active Hatha Yoga Improver | 2 |
| 09.30 - 10.15 | CB | Active Strength & Tone     | 6 |
| 10.30 - 11.30 | SA | Active Hatha Yoga Beginner | 2 |
| 18.00 - 18.45 | TD | Active Cycle               | 3 |
| 19.00 - 19.45 | TD | Active Body Conditioning   | 1 |
| 19.15 - 20.00 | LK | Active Yoga                | 3 |

| Thursday      |    |                          |   |
|---------------|----|--------------------------|---|
| 06.30 - 21.00 | FT | Fitness Suite Open       | 1 |
| 06.30 - 18.00 | FT | Junior Fitness*          | 1 |
| 07.00 - 07.30 | FT | Active HIITs             | 1 |
| 09.00 - 09.30 | FT | Active HIITs             | 1 |
| 10.00 - 10.45 | RS | Active Body Conditioning | 2 |
| 11.00 - 11.45 | RS | Active Pilates           | 6 |
| 10.00 - 12.00 |    | Social Badminton         | 2 |
| 11.30 - 12.15 | LS | Seated Exercise/Otago    | 3 |
| 18.00 - 18.45 | DS | Active Dancefit          | 2 |
| 18.00 - 18.45 | TH | Active Cycle             | 3 |
| 19.15 - 20.15 | EE | Active Pilates           | 3 |

| Friday        |    |                           |   |
|---------------|----|---------------------------|---|
| 06.30 - 21.00 | FT | Fitness Suite open        | 1 |
| 06.30 - 18.00 | FT | Junior Fitness*           | 1 |
| 07.00 - 07.30 | CY | Active HIITs              | 1 |
| 09.00 - 09.30 | CY | C30 - Small Group Workout | 1 |
| 09.00 - 10.00 | KF | Active Fitness Pilates    | 2 |
| 10.15 - 11.00 | CY | Active Drum Fun           | 2 |
| 11.15 - 12.00 | CY | Active Mind & Body        | 2 |

| Saturday      |    |                          |   |
|---------------|----|--------------------------|---|
| 07.30 - 17.30 | FT | Fitness Suite open       | 1 |
| 08.30 - 09.00 | FT | Active HIITs             | 1 |
| 09.00 - 14.30 | FT | Junior Fitness*          | 1 |
| 09.00 - 09.45 | DS | Active Body Conditioning | 6 |
| 10.00 - 10.45 | DS | Active Dancefit          | 6 |

| Sunday        |    |                    |   |
|---------------|----|--------------------|---|
| 07.30 - 17.30 | FT | Fitness Suite open | 1 |
| 09.00 - 14.30 | FT | Junior Fitness*    | 1 |
| 09.00 - 09.45 | FT | Active Cycle       | 3 |
| 10.15 - 10.45 | FT | Active HIITs       | 1 |

## INSTRUCTOR KEY:

|               |    |                 |    |
|---------------|----|-----------------|----|
| Sally Alvey   | SA | Lyndsey King    | LK |
| Carrie Birkin | CB | Rachel Stafford | RS |
| Tom Doudie    | TD | Lynn Stevenson  | LS |
| Eve Edwards   | EE | Deborah Swain   | DS |
| Kathryn Flinn | KF | Fitness Team    | FT |
| Tony Heydon   | TH | Chris Yeomans   | CY |

## CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

**CLEANING PROGRAMME** – All facilities and equipment cleaned throughout the day

**\*JUNIOR FITNESS** – 13yrs and above. 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 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

## ACTIVITY LOCATION KEY:

|                   |   |               |   |
|-------------------|---|---------------|---|
| Fitness Suite     | 1 | Sports Hall   | 2 |
| Cycle Studio      | 3 | Swimming Pool | 4 |
| Free Weights Room | 5 | Squash Court  | 6 |

Timetable version: 14<sup>th</sup> October 2024