

Dukeries Leisure Centre

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 Synrgy	1
09.15 - 10.00	RS	Active Pilates	5
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	KW	Active DanceFit	2
10.15 - 11.00	RS	Active Pilates	5
17.45 - 18.30	AO	Active Cycle	3
17.45 - 18.30	DS	Active Legs, Bums & Tums	5
18.45 - 19.30	JC	Active Strength & Tone	5

Tuesday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.00	KW	Active Cycle	3
10:00 - 10.30	KW	Active Body Conditioning	2
10.30 - 11.15	AO	Active Mobility Circuits	5
17.45 - 18.30	KW	Active Cycle	3
18:45 - 19:30	KW	Active Aqua Aerobics	4
18.45 - 19.30	DC	Active Kettles	2

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

* **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 Active Aqua Aerobics, weight-bearing classes 14yrs when accompanied by an adult. Active Cycle min height of 5ft.

CLEANING PROGRAMME – All facilities and equipment cleaned regularly.

(L) Motivational lighting may be used in this class

~ Active Aqua Fit (parent & child) Child age up to 18 months.

Wednesday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.15 - 10.00	RS	Active 50+	2
09.30 - 10.00	FT	Active Synrgy	1
10.15 - 11.00	RS	Active Pilates Stretch	5
11.15 - 12.00	RS	Active Aqua Aerobics	4
16.30 - 17.00	FT	Xp Synrgy (11 – 15yrs)	1
17.45 - 18.30	KW	Active Fitness Stack	2
17.45 - 18.30	RS	Active Pilates Tone	5
18.45 - 19.30	RS	Active Step & Tone	2
18.45 - 19.30	KW	Active AquaTone	4

Thursday

06.30 - 21.00	FT	Fitness Suite Open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	DS	Active Body Conditioning	2
10.30 - 11.15	DS	Active Core Conditioning	2
11.30 - 12.15	KW	Active AquaFit (parent & child)~	4
17.30 - 18.15	KW	Active Aqua Aerobics	4
18.30 - 19.15	KW	Active Pilates	2
18.45 - 19.15	FT	Free Weights Fundamentals for females^	1

ACTIVITY LOCATION KEY:

Fitness Suite	1	Sports Hall	2
Cycle Studio	3	Swimming Pool	4
Fitness Studio	5		

Friday

06.30 - 20.30	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	KW	Active 50+	2
10.30 - 11.15	RS	Active Pilates Stretch	5
10.30 - 11.15	KW	Active Aqua Aerobics	4
17.30 - 18.15	FT	Active Synrgy Lift & Burn	1
18.00 - 18.45	DS	Active DanceFit	5

Saturday

08.00 - 17.45	FT	Fitness Suite open	1
08.00 - 14.30	FT	Junior Fitness*	1
08.45 - 09.30	KW	Active Cycle	3
09.30 - 10.15	KW	Active Body Conditioning	2
10.15 - 11.00	KW	Active Pilates	5
11.00 - 11.30	FT	Free Weights Fundamentals for females^	1

Sunday

08.00 - 17.45	FT	Fitness Suite open	1
08.00 - 14.30	FT	Junior Fitness*	1
09.30 - 10.00	FT	Active Synrgy	1

INSTRUCTOR KEY:

Dale Chapman	DC	Deborah Swain	DS
James Chrich	JC	Fitness Team	FT
Adam Overland	AO	Katie Watson	KW
Rachel Stafford	RS		

Timetable version: 23rd September 2026