



# DANCE STUDIO / POOL TIMETABLE

Time	Class	Instructor
<b>MONDAY</b>		
06:15-07:00	Spin	Mark
09:30-10:30	Iyenger Yoga	Michael
10:00 - 12:00	Puddle Ducks	Private Hire
12:00-12:30	<b>metafit.</b>	Sports Staff
10:30-11:30	Pilates	Danielle
17:45-18:30	Body Blast	Debbie
18:30-19:30	<b>INSANITY</b>	Greg
19.30-20.30	Muay Thai Boxing	Desmond
20:30-21:30	Judo	Martin
<b>TUESDAY</b>		
07:15-07:45	<b>metafit.</b>	Sports Staff
10:00-10:45	Young @ Heart	Amanda
11:00-11:45	Aqua Aerobics	Amanda
12:30-13:15	<b>LES MILLS BODYBALANCE</b>	Elaine
17:55-18:25	<b>metafit.</b>	Rich/Maya
18:30-19:15	Spin Circuit	Maya
19:15-20:00	<b>ZUMBA</b> FITNESS	Elaine
20:00-21:00	Yoga	Val
<b>WEDNESDAY</b>		
06:15-07:00	Spin	Gavin
07:00-08:00	Kettlebells	Reece
12:30-13:00	<b>metafit.</b>	Sports Staff
18:00-18:30	Skipping	Andy
18:30-19:30	Boxing	Andy
18:30 - 20:00	Adult Swim Lessons	Debbie
20:00-21:30	Vinyasa Yoga	Chandra

Time	Class	Instructor
<b>THURSDAY</b>		
07:00-08:00	Fitness Swim	Chris
07:00-08:00	Yogalates	Lisa J
10:00-10:45	Young @ Heart	Amanda
10:45-12:00	Iyenger Yoga	David R
11:00-11:45	Aqua Aerobics	Amanda
12:45-13:15	Piloga	Angelica
18:45-19:30	<b>ZUMBA</b> FITNESS	Elaine
Meet 18:30	Harriers	Hannah/Mark
19:30-20:30	Muay Thai Boxing	Desmond
20:30-21:30	Beginners Yoga	Lauren
<b>FRIDAY</b>		
07:00-07:45	Spin	Robin
10:00-12:00	Puddle Ducks	Private Hire
12:30-13:00	Kettlebells	Sports Staff
17:30-18:30	Power Yoga	Robin
18:30-20:00	Iyenger Yoga	David
20:00-21:30	Judo	Martin
<b>SATURDAY</b>		
10:00-11:00	Junior Judo	Martin
09:30-12:00	Child Swim Lessons	Debbie
11:00-11:20	Core	Sports Staff
11:20-12:05	Padwork	Sports Staff
13.00-13.45	<b>ZUMBA</b> FITNESS	Sarah L
14:00-15:00	Yogalates	Lisa J
<b>SUNDAY</b>		
09:00 - 13:15	Puddle Ducks	Private Hire
11:30-12:00	<b>metafit.</b>	Sports Staff
12:00-13:00	Family Martial Arts	Steve
13:00-14.30	Free Style Martial Arts	Steve
15:00-16:30	Beginners Yoga	Suzanne

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Opening Times  
 Mon-Fri 6am - 10pm  
 Saturday 8am - 7pm  
 Sunday 8am - 6pm