

# Summer Timetable 2026

| Monday                                 | Tuesday                                | Wednesday                        | Thursday                             | Friday                          | Saturday                           | Sunday                        |
|----------------------------------------|----------------------------------------|----------------------------------|--------------------------------------|---------------------------------|------------------------------------|-------------------------------|
| Bootcamp<br>6.05-6.50<br>Ollie         | HIIT<br>6.05-6.50<br>Lucy C            | Lifting Club<br>6.30-7.15<br>Lee |                                      | LGC<br>6.00-6.45<br>Lee         | Hyrox<br>8.15-9.00<br>Jake         |                               |
| Reps<br>9.45-10.30<br>Caroline         | Freestyle Step<br>9.30-10.15<br>Andrea |                                  | Zumba<br>9.15-10.15<br>Dragos        | Boxing<br>6.45-7.30<br>Jake     |                                    | Zumba<br>9.00-10.00<br>Dragos |
| Yoga<br>10.45-11.30<br>Caroline        | Aqua<br>10.00-10.45<br>Fay             | Reps<br>10.00-10.45<br>Carol     | Aqua<br>10.00-10.45<br>Fay           | Reps<br>9.30-10.15<br>Carol     | Aqua<br>10.00-10.45<br>Sheila      | Yoga<br>10.15-11.30<br>Sophie |
| Pilates<br>12.00-12.45<br>Lucy K       |                                        | Pilates<br>11.00-12.00<br>Carol  | Recharge<br>10.30-11.15<br>Lucy C    | Pilates<br>10.30-11.15<br>Carol | Lifting Club<br>10.15-11.15<br>Lee |                               |
|                                        |                                        |                                  | Pilates<br>12.00-12.45<br>Lucy K     | Tai Chi<br>12.00-13.00<br>Steve |                                    |                               |
|                                        |                                        |                                  |                                      |                                 |                                    |                               |
| Freestyle Step<br>18.15-19.00<br>Mandy | Yoga<br>18.15-19.00<br>Caroline        | Hyrox<br>18.00-18.45<br>Lilly    | Vinyasa Yoga<br>18.00-19.15<br>Carol |                                 |                                    |                               |

# Pool Timetable 2026

| Day       | Aqua Classes                                 | Children's Swim Times                     | Children's Swim Lessons | Adult Swim Lessons          |
|-----------|----------------------------------------------|-------------------------------------------|-------------------------|-----------------------------|
| Monday    | Private Aqua Class<br>7:00pm - 7:45pm<br>Fay | 10:00AM - 12:00PM<br>&<br>3:00PM - 5:00PM | 3:30PM - 5:00PM         | 5:30pm - 6:30pm<br>Variable |
| Tuesday   | Aqua Class<br>10:00am - 10:45am<br>Fay       | 11:00AM - 1:00PM<br>&<br>4:00PM - 6:00PM  |                         | 5:30pm - 6:30pm<br>Variable |
| Wednesday |                                              | 10:00AM - 12:00PM<br>&<br>3:00PM - 5:00PM | 3:30PM - 5:00PM         | 5:30pm - 6:30pm<br>Variable |
| Thursday  | Aqua Class<br>10:00am - 10:45am<br>Fay       | 11:00AM - 1:00PM<br>&<br>4:00PM - 6:00PM  |                         |                             |
| Friday    |                                              | 10:00AM - 12:00PM<br>&<br>3:00PM - 5:00PM | 3:30PM - 5:00PM         |                             |
| Saturday  | Aqua Class<br>10:00am - 10:45am<br>Sheila    | 11:00AM - 1:00PM<br>&<br>3:00PM - 5:00PM  |                         |                             |
| Sunday    |                                              | 10:00AM - 12:00PM<br>&<br>3:00PM - 5:00PM |                         |                             |