Autumn Timetable 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 6.05-6.50 Ollie	HIIT 6.05-6.50 Lucy C	Lifting Club 6.30-7.15 Lee		LGC 6.15-6.45 Lee	Hyrox 8.15-9.00 Jake	
Reps 9.45-10.30 Caroline	Freestyle Step 9.30-10.15 Andrea		Zumba 9.15-10.15 Dragos	Boxing 6.45-7.30 Jake		Zumba 9.00-10.00 Dragos
Yoga 10.45-11.30 Caroline	Aqua 10.00-10.45 Fay	Reps 10.00-10.45 Carol	Aqua 10.00-10.45 Fay	Reps 9.30-10.15 Carol	Aqua 10.00-10.45 Sheila	Yoga 10.15-11.30 Sophie
Pilates 12.00-12.45 Lucy K		Pilates 11.00-12.00 Carol	Recharge 10.30-11.15 Lucy C	Pilates 10.30-11.15 Carol	Lifting Club 10.15-11.15 Lee	
			Pilates 12.00-12.45 Lucy K	Tai Chi 12.00-13.00 Steve		
Freestyle Step 18.15-19.00 Mandy	Yoga 18.15-19.00 Caroline	Hyrox 18.00-18.45 Lilly	Vinyasa Yoga 18.00-19.15 Carol			

Pool Timetable 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Children's Swim Lessons 10.00am - 12.00pm	Aqua Class 10.00am - 10.45am Fay	Children's Swim Lessons 10.00am - 11.00am	Aqua Class 10.00am - 10.45am Fay	Children's Swim Lessons 10.00am - 11.30am	Aqua Class 10.00am - 10.45am Sheila	Children's Swim Times 10.00am - 12.00pm
Children's Swim Times 10.00am - 12.00pm	Children's Swim Lessons 11.00am - 12.30pm	Children's Swim Times 10.00am - 12.00pm	Children's Swim Lessons 11.00am - 12.30pm	Children's Swim Times 10.00am - 12.00pm	Children's Swim Times 11.00am - 1.00pm	
	Children's Swim Times 11.00am - 1.00pm		Children's Swim Times 11.00am - 1.00pm			
Children's Swim Times 3.00pm - 5.00pm		Children's Swim Times 3.00pm - 5.00pm		Children's Swim Times 3.00pm - 5.00pm		
Children's Swim Lessons 3.30pm - 5.00pm	Children's Swim Times 4.00pm - 6.00pm	Children's Swim Lessons 3.30pm - 5.00pm	Children's Swim Times 4.00pm - 6.00pm	Children's Swim Lessons 3.30pm - 5.00pm	Children's Swim Times 3.00pm - 5.00pm	Children's Swim Times 3.00pm - 5.00pm
Private Aqua Class 7.00pm - 7.45pm						