

2018 Class timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Personal training (£) 06:30-22:00	Personal training (£) 06:30-22:00	Personal training (£) 06:30-22:00	Personal training (£) 06:30-22:00	Personal training (£) 06:30-22:00	Personal training (£) 07:00-20:00	Personal training (£) 07:00-20:00
Aqua fit External instructor 10:30-11:10		Aqua fit External instructor 9:30-10:10		Aqua fit External instructor 10:00-10:40		
Aqua fit External instructor 11:15-12:00				Aqua fit External instructor 10:50-11:30		
Swim time (£) 13:30-15:00	Swim time (£) 13:30-15:00		Swim time (£) 13:30-15:00			
Swim lessons (£) Becky 15:30-19:00	Swim lessons (£) Becky 15:30-19:00	Swim lessons (£) Becky 15:30-19:00	Swim lessons (£) Becky 15:30-19:00	Swim lessons (£) Becky 15:30-19:00	Swim lessons (£) Sam 09:00-13:00	
	Group fitness Team 18:00-18:40	Aqua fit Team 19:00-19:40	Group fitness Team 18:30-19:10			
			Aqua Natal (£) Shelley (Midwife) 19:00-20:00			

- Please note classes with (£) are not included in membership cost
- Aqua classes are based in the pool
- Members new to classes or with medical conditions must make the instructor aware prior to participating
- Members will not be permitted to enter a class once it has commenced, due to risk of injury from inadequate warming up
- No food or drink is allowed on poolside, only a water to avoid dehydration (No glass bottles)
- Class places are allocated by booking at reception and are available up to 1 week in advance, please call 0113 287 6444 to book
- Participants must be aged 16 or over