

Preston Timetable

MONDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Early Bird Circuit	All	Studio 2
09.45 - 10.30	Aerobics	All	Studio 2
10.00 - 10.45	Total Aqua	All	Small Pool
10.00 - 11.00	Yogalates	All	Mind & Body
10.45 - 11.45	Total Tone	All	Studio 2
11.00 - 12.00	Pilates	All	Mind & Body
12.30 - 13.15	Thump Boxing	All	Studio 2
17.30 - 18.30	Fitness Yoga/Pilates	All	Mind & Body
18.00 - 18.30	X- trainer Class	All	Lower Gym
18.00 - 18.45	Aerobics	All	Studio 2
18.00-19.00	Kids class	age 3-14	Activity Zone
18.00 - 19.00	Functional Core Stability	All	Studio 1
18.15 - 19.00	Splat!	All	Small Pool
18.30 - 19.30	Spin Extreme	Adv	Spin Studio
18.45 - 19.30	Legs Bums & Tums	All	Studio 2
19.45 - 20.45	Zumba	All	Studio 2

TUESDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Early Bird Spin	All	Spin Studio
10.00 - 10.45	Total Spin	All	Spin Studio
10.00 - 11.00	Line Dancing	Beg	Studio 1
10.45 - 11.30	Total Tone	All	Studio 2
11.00 - 12.00	Line Dancing	All	Studio 1
12.15 - 13.00	Total Aqua	All	Small Pool
12.30 - 13.00	Sweat and Tone	All	Studio 2
16.30 - 17.30	Kids Lane Swimming	age 7+	Mail Pool
16.30 - 18.30	Swimming Lessons	age 3+	Small Pool
18.00 - 19.00*	Splat!	All	Small Pool
18.00 - 18.45*	Total Circuits	All	Studio 2
18.00 - 19.00*	Total Tone	All	Studio 1
19.00 - 20.30	Pole n Tone	Beg	Mind & Body £
18.45 - 19.30	Spin Climb	All	Spin Studio
19.15 - 20.00	Total Aqua	All	Small Pool
19.15 - 20.00	Total Core Workout	All	Studio 1
20.30 - 22.00	Pole n Tone	Adv	Mind & Body £

WEDNESDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Early Bird Circuit	All	Studio 2
10.00 - 11.00	Legs Bums & Tums	All	Studio 2
10.00 - 11.00	Yogalates	All	Mind & Body
11.00 - 12.00	Gentle Aerobics	All	Studio 1
12.30 - 13.00	Core Workout	All	Studio 1
17.00 - 18.00	Zumbatonic	age 5-14	Mind & Body
17.45 - 18.30	Total Step	All	Studio 2
18.00 - 19.00*	Spin Extreme	Adv	Spin Studio
18.00 - 19.00*	Splat!	All	Small Pool
18.30 - 19.15	Total Tone	All	Studio 2
19.15 - 20.00	Easy Step	All	Studio 2
19.00 - 20.15	Yoga	All	Mind & Body

THURSDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Early Bird Spin	All	Spin Studio
09.45 - 10.45	High Energy Aerobics	All	Studio 1
10.00 - 10.45	Total Spin	All	Small Studio
12.00 - 13.00	Latin in Line	All	Studio 1
12.30 - 13.15	Boxers Circuit	All	Studio 2
16.30 - 17.30	Splat!	All	Small Pool
17.30 - 19.00	Swimming Lessons	age 3-14	Small Pool £
17.30 - 18.30	Pilates	All	Mind & Body
18.00 - 19.00*	Extreme Circuits	Adv	Studio 2
18.00 - 19.00*	Soccer Skills	age 4-14	Studio 1
18.15 - 18.45*	Speed Spin	All	Spin Studio
19.15 - 20.15	Boxercise	All	Studio 2
20.15 - 21.15	Zumba	All	Studio 2

FRIDAY			
		Club opens 06.30	Closes 21.00
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Early Bird Circuit	All	Studio 2
10.00 - 11.00	Total Tone	All	Studio 2
10.00 - 11.00	Gentle Aerobics	All	Studio 1
11.00 - 12.00	Yoga	All	Mind & Body
11.30 - 12.15	Total Aqua	All	Small Pool
12.30 - 13.15	Sweat and Tone	All	Studio 2
16.30 - 17.30	Kids Lane Swimming	age 7+	Mail Pool
17.30 - 18.30	Circa Spin	All	Spin Studio/2
18.00 - 19.00	Swim Fit	age 8-14	Main Pool

SATURDAY			
		Club opens 08.00	Closes 19.00
TIME	CLASS	LEVEL	STUDIO
08.45 - 09.45	Circa-Spin	All	Spin St & St 2
10.00 - 10.45*	Total Step	All	Studio 2
10.00 - 10.45*	Ballet	age 4-14	Mind & Body
10.00 - 11.00*	Tri Sports	age 4-14	Studio 1
10.45 - 11.30	Total Tone	All	Studio 2
11.15 - 12.15	Splat!	All	Small Pool
12.30 - 17.00	Private Party		Small Pool or Studio £

SUNDAY			
		Club opens 08.00	Closes 19.00
TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Aerobics	All	Studio 2
10.00 - 11.00*	Spin Extreme	All	Spin Studio
10.00 - 11.30*	Cinema Club	age 4-14	Activity Zone
10.45 - 11.30	Total Tone	All	Studio 2
11.05 - 11.20	Abs Blast	All	Mind & Body
11.15 - 12.00	Swim Fit	age 7-14	Main Pool
12.00 - 13.00*	Running Club	age 4-14	Studio1/Track
12.00 - 13.00*	Zumba	All	Studio 2
12.30 - 17.00	Private Party		Small Pool or Studio £
16.30 - 17.30	Kids Lane Swimming	age 7+	Main Pool

KEY

£ Additional charge please see reception

* These are times when both an adult and child's class coincides. Please sign your children in and out of the classes.

Please ask at reception for more details on swimming lessons for 0-3 and 4+ year olds.

Please note opening times and classes will vary during seasonal and bank holidays.
Please check with the club first.

Text in red - Studio classes suitable for children please check ages allowed in class.

PLEASE NOTE: Childrens classes require a minimum of 2 attendees to take place.

Text in blue - Classes in the pool. The pool indicated MAY be unavailable or sectioned off at these times.

Private Party - Book a private party for your children and guests. Either pool or studio. See reception for details. Small pool MAY be unavailable at this time.