

# Walkden Timetable

## MONDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Easy Aerobics	All	Studio 2
10.45 - 11.30	Total Tone	All	Studio 2
11.30 - 12.30	Zumba	All	Studio 1
11.45 - 12.30	Aqua Fit	All	Small Pool
17.30 - 18.15	Body Blast	All	Studio 1
18.00 - 19.00	Family Karate	All	Studio 2
18.00 - 19.00	Water Polo	All ages	Small Pool
18.15 - 19.00	Total Tone	All	Studio 1
19.15 - 20.45	Adult Karate	All	Studio 1
19.15 - 20.00	Total Spin	All	Spin Studio

## TUESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.15 - 10.00	Spin Extreme	All	Spin Studio
09.30 - 10.00	Swimming Lessons	age 3-14	Small Pool £
10.00 - 10.45	Total Circuits	All	Studio 2
11.00 - 11.45	Zumba	All	Studio 2
12.00 - 12.45	Aqua Fit	All	Small Pool
11.45 - 12.45	Salsa dancing	All	Studio 2
13.00 - 14.00	Super seniors	All	Studio 2
14.00 - 15.00	Pilates	All	Studio 2
16.30 - 18.45	Swimming Lessons	age 3-14	Small Pool £
17.30 - 18.30	Football	age 5-12	Studio 1
18.15 - 19.15	Body Pump	All	Studio 2
18.45 - 19.30	Aqua	All	Small Pool
18.45 - 19.30	Circa Spin	All	Spin Studio
19.15 - 20.00	Body Attack	All	Studio 2

## WEDNESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.15 - 10.00	Total Spin	All	Spin Studio
10.00 - 10.45	Total Step	All	Studio 2
10.45 - 11.30	Body Pump	All	Studio 2
12.15 - 12.45	Complete Fitness	All	Studio 2
13.30 - 14.15	Aqua Fit	All	Small Pool
17.15 - 18.00	Circuits	All	Studio 1
17.45 - 18.30	Body Combat	All	Studio 2
18.00 - 19.00	Water Polo	All ages	Small Pool
18.30 - 19.15	Legs, Bums and Tums	All	Studio 2
19.00 - 19.45	Total Spin	All	Spin Studio
19.15 - 20.15	Zumba	All	Studio 1

## THURSDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Easy Aerobics	All	Studio 2
10.00 - 11.00	Circa-Box	All	Studio 1
10.45 - 11.30	Total Tone	All	Studio 2
11.30 - 13.00	Line Dance	All	Studio 1
11.45 - 12.30	Aqua Fit	All	Small Pool
17.00 - 18.00	Kids Sport Zone	age 5-12	Studio 1
17.45 - 18.30	Metabolic Effect Training	All	Studio 2
18.00 - 18.45	Circa Spin	All	Spin Studio
18.00 - 19.00	Pilates	All	Studio 1
18.30 - 19.15	Body Pump	All	Studio 2
18.30 - 19.30	Aqua Fit	All	Small Pool
19.15 - 20.00	Fitbox	All	Studio 1
19.15 - 20.00	Body Attack	All	Studio 2

## FRIDAY Club opens 06.30 Closes 21.00

TIME	CLASS	LEVEL	STUDIO
10:00 - 10:45	BoxFit	All	Studio 2
10.45 - 11.30	Body Pump	All	Studio 2
11:00 - 11:45	Aqua	All	Small Pool
11:15 - 11:45	Complete Fitness	All	Studio 1
16:30 - 17:15	CrossFit	All	Studio 2
17:15 - 18:00	Total Spin	All	Spin Studio

## SATURDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
09:30 - 10:15	Total Spin	All	Spin Studio
09:15 - 14:00	Swimming Lessons	age 3-14	Small Pool
09.45 - 10:30	Body Attack	All	Studio 2
10:30 - 11:30*	Football	age 5-12	Studio 1
10:30 - 11:30*	Body Pump	All	Studio 2
12:00 - 14:00	Family Karate	All	Studio 2
14:00 - 16:00	Private Pool Party		Small Pool £

## SUNDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
10.30 - 11.15*	Circa Spin	All	Spin Studio
10.30 - 11.15*	Begin to Step	All	Studio 2
10.30 - 11.15*	Games Zone	age 5-12	Studio 1
11.15 - 12.00*	Sport Zone	age 5-12	Studio 1
11.15 - 12.00*	Total Step	All	Studio 2
12.00 - 12.45	Splash	age 5-12	Small Pool
12.00 - 12.45	Total Tone	All	Studio 2
14.00 - 16.00	Private Party		Small Pool or Studio £

### 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:** Children's 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.