

Wigan Timetable

MONDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.00	High & Low Tone	All	Studio 2
10.00 - 11.00	Total Combat	All	Studio 2
11.00 - 11.45	Total Aqua	All	Small Pool
11.00 - 12.00	Zumba	All	Studio 1
13.00 - 14.30	Hatha Yoga	All	Studio 2
17.30 - 18.15	Thai Boxercise	All	Spin Studio
18.15 - 18.45	Total Spin	All	Spin Studio
18.30 - 19.15	Total Aqua	All	Small Pool
18.30 - 19.15	Step Aerobics	All	Studio 2
19.15 - 20.15	Legs Bums & Tums	All	Studio 2

TUESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.00	Stretch and tone	Beg	Studio 2
10.00 - 10.45	Spin Express	All	Spin Studio
10.00 - 10.45	Aero Funk	All	Studio 2
11.00 - 11.45	Total Aqua	All	Small Pool
11.00 - 11.45	Pilates	All	Studio 2
12.00 - 12.45	Fitball Class	All	Studio 2
16.30 - 18.30	Swimming Lessons	All	Small Pool £
17.45 - 18.30	Abs Blast	All	Spin Studio
18.00 - 19.00	Total Pump	All	Studio 2
18.30 - 19.30	Kick Aerobics	All	Studio 1
19.00 - 19.45	Zumba	All	Studio 2
19.30 - 20.30	Thai Boxercise	All	Spin Studio

WEDNESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.00	Step Express	All	Studio 2
10.00 - 10.45	Legs, Bums & Tums	All	Studio 2
11.00 - 11.45	Total Aqua	All	Small Pool
12.15 - 13.15	Tai Chi	All	Studio 2
13.30 - 14.30	Yoga	All	Studio 2
17.30 - 18.15	Cardio Kick	All	Studio 2
18.15 - 19.00*	All Action	Age 7+	Spin Studio
19.00 - 19.45	Bootcamp	All	Studio 1
19.00 - 19.45	Pilates	All	Studio 2
19.30 - 20.30*	Family Karate	ALL	Spin Studio
19.45 - 20.30*	Yoga	All	Studio 2
20.00 - 20.45	Zumba	All	Studio 1

THURSDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.00	Step Express	All	Studio 2
10.00 - 11.00	Legs, Bums & Tums	All	Studio 1
10.00 - 11.00	Total Combat	All	Studio 2
10.00 - 10.45	Total Spin	All	Spin
11.00 - 12.00	Pilates	All	Studio 1
11.15 - 12.00	Aqua	All	Small Pool
16.30 - 18.30	Swimming lessons	All	Small Pool £
17.45 - 18.30	Abs Blast	All	Studio 1
18.00 - 18.30	Spin Express	All	Spin Studio
18.30 - 19.15	Kick Boxing Circuit	All	Studio 1
18.30 - 19.30*	Swimfit	Juniors	Main Pool
18.30 - 19.30*	Total Pump	All	Studio 2
19.15 - 20.00	Thai Boxercise	All	Spin studio

FRIDAY Club opens 06.30 Closes 21.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Zumba	All	Studio 2
10.15 - 11.15	Total Pump	ALL	Studio 2
11.30 - 12.30	Yogalates	All	Studio 2
11.00 - 11.45	Total Aqua	All	Small Pool
17.30 - 18.30	Fit Kids	Age 7+	Studio 1
18.30 - 19.30	Tai chi	All	Studio 2

SATURDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
09.15 - 09.45	Spin Extreme	All	Spin Studio
10.00 - 10.45*	Bootcamp Class	All	Studio 1
10.00 - 10.45*	Sports Zone	age 4-14	Studio 2
11.15 - 12.00	Legs, Bums and Tums	All	Studio 2
14.00 - 15.00	Available for Parties	All	Pool or studio £
15.00 - 16.00	Total Aqua	All	Small Pool

SUNDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 11.00*	Hip Hop Dance	age 4-14	Studio 1
10.00 - 11.00*	Total Combat	All	Studio 2
10.30 - 11.00	Spin Express	All	Spin Studio
11.00 - 12.00	Total Pump	All	Studio 2
From 14.00	Available for Parties	All	Pool or studio £

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

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.

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. Pool MAY be unavailable at this time.