

# Bolton Timetable

## MONDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.45 - 10.30	Body Attack	High	Studio 2
10.00 - 11.00	Pilates	Low	Studio 1
10.30 - 11.15	Legs, Bums & Tums	Medium	Studio 2
11.30 - 12.15	Core Stability	All	Studio 1
13.00 - 13.45	Pool Fitness Nifty Fifties	Medium	Small Pool
16.45 - 17.45	Football Club	age 4-10	Studio 1
17.45 - 18.30*	Zumba	High	Studio 2
17.45 - 18.45*	Running Club	age 6-10	Running Track
18.00 - 18.45*	Spinning & Circuit	High	Spin Studio
18.45 - 19.30*	Kids Splash Fun Time	age 6-10	Small Pool
18.45 - 19.30*	Step it up	All	Studio 2
18.45 - 19.15*	Abs Blast	Low	Studio 1
19.30 - 20.00	Adult Swimming Lessons	All	Small Pool £
19.30 - 20.30	Military Fitness Circuit	Medium	Studio 2

## TUESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.45 - 10.30	Core Stability	Low	Studio 1
09.45 - 10.45	Fit To Kick	High	Studio 2
10.00 - 10.45	Aqua Mobility	Low	Small Pool
10.45 - 11.45	Nifty Fifties	Low	Studio 1
10.45 - 11.45	Yoga	Low	Mind & Body
13.00 - 13.45	Back Care	Low	Studio 1
16.30 - 18.30	Family Lane Swimming	All	Main Pool
17.30 - 18.15	Pool Fitness Nifty Fifties	Medium	Small Pool
17.45 - 18.30	Indoor Cycling	High	Spin Studio
18.30 - 19.15	Legs Bums and Tums	High	Studio 2
18.00 - 19.00	Family Karate	Beg (4+)	Studio 1
18.45 - 19.45	Street Dance	age 8+	Mind & Body
19.00 - 20.00	Family Karate	Adv	Studio 1
19.15 - 20.15	Body Pump	All	Studio 2

## WEDNESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Spin	All	Spin Studio
09.45 - 10.45	Body Pump	High	Studio 2
10.00 - 11.00	Pilates	Low	Studio 1
10.45 - 11.30	Body Blast	High	Studio 2
11.30 - 12.30	Line Dancing	Low	Studio 1
12.00 - 12.45	Zumba	High	Studio 2
13.00 - 13.45	Pool Fitness - Lets Dance!	Medium	Small Pool
16.30 - 17.00	Swimming Lessons	Age 3+	Small Pool
17.00 - 18.00	Splat! Kids Inflatable Session	age 4-14	Small Pool
17.45 - 18.30	Power & Strength Circuit	High	Studio 2
18.00 - 18.45	Indoor Cycling	Beg	Spin Studio
18.45 - 19.30	Body Combat	High	Studio 1
18.30 - 19.30	Pilates	Low	Mind & Body
19.30 - 20.30	Thai Boxing	High	Studio 2

## THURSDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Pool Fitness - Lets Dance!	Medium	Small Pool
10.15 - 11.00*	Totally Active	age 2+	Studio 1
10.15 - 11.00*	Fit to Kick	High	Studio 2
11.00 - 11.30*	Make and Create	age 2+	Kids Area
11.00 - 11.30*	Abs Blast	Medium	Studio 1
11.00 - 12.00	Yoga	Low	Studio 2
17.30 - 18.00	Abs Blast	Medium	Studio 1
18.00 - 18.45*	Indoor Cycling	High	Spin Studio
18.00 - 18.30*	Sports Session	age 6+	Studio 1
18.00 - 19.00*	Bokwa	High	Studio 2
18.30 - 19.00*	Running Club	age 6+	Track
19.00 - 19.45	Kids Splash Fun Time	age 6+	Main Pool

## FRIDAY Club opens 06.30 Closes 21.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Circuit & Spinning Combo	High	Spin Studio
09.45 - 10.30	Aquacise	Medium	Small Pool
10.15 - 11.15	Step & LBT Combo	High	Studio 2
10.15 - 11.00	Zumba Seniors	Seniors	Studio 1
11.00 - 12.00	Complete Stability	Medium	Studio 1
12.00 - 13.00	Pilates	Low	Studio 1
17.30 - 18.15	Totally Toned Circuit	High	Studio 2
17.30 - 18.30	Family Karate	Beg (4+)	Studio 1
18.30 - 19.30	Family Karate	Adv (4+)	Studio 1

## SATURDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
09.45 - 13.15	Swimming Lessons	Age 3+	Small Pool
10.00 - 10.45	Body Attack	High	Studio 2
10.30 - 11.30	Yoga	Low	M&B
10.45 - 11.30	Body Conditioning	High	Studio 2
15.00 - 15.45	Power & Strength Circuit	High	Studio 2
15.00 - 16.00	Splat! Kids Inflatable Session	age 4-14	Small Pool

## SUNDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
12.00 - 12.30	Abs Blast	Low	Studio 2
12.00 - 13.00	Splat! Kids Inflatable Session	age 4-14	Small 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.

**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.