

Warrington Timetable

MONDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.00 - 10.00	Total Boxfit Circuit	All	Studio 2
10.00 - 11.00	Body Pump	All	Studio 2
10.30 - 11.15	Total Aqua	All	Small Pool
11.00 - 11.45	Salsa Aerobics	All	Studio 2
11.15 - 12.00	Total Aqua	All	Small Pool
11.45 - 12.45	Pilates	All	Studio 2
13.00 - 14.00	Hydro Active	Rehab	Small Pool
14.00 - 14.45	Gentle Aqua	All	Small Pool
16.00 - 18.00	Swimming Lessons	age 3+	Small Pool £
17.15 - 18.00*	Street Dance	age 3-7	Studio 1
17.30 - 18.00*	Spin Class	All	Spin Studio
18.00 - 18.45*	Street Dance	age 8-14	Studio 1
18.00 - 18.45*	Aerobics	All	Studio 2
19.00 - 20.00	Zumba	All	Studio 2
19.00 - 20.00	Pilates	All	Studio 1
19.45 - 20.30	Total Aqua	All	Small Pool
20.00 - 21.00	Total Circuit	All	Studio 2

TUESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 11.00	Body Combat	All	Studio 2
10.00 - 11.00	Beginners Yoga	All	M&B
10.30 - 11.15	Total Aqua	All	Small Pool
11.00 - 12.00	Body Pump	All	Studio 2
14.00 - 15.00	NHS Rehab Group	Ref	Small Pool
16.00 - 18.00	Swimming Lessons	age 3+	Small Pool £
17.00 - 18.00*	Fun and Fitness	age 4-14	Studio 1
17.15 - 18.00*	Spin	All	Spin Studio
18.00 - 19.00	Body Combat	All	Studio 2
18.00 - 19.00	Family Viking Ship	age 4-14	Small Pool
18.35 - 19.35	Yoga	All	Studio 1
19.00 - 20.00	Body Pump	All	Studio 2

WEDNESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
07.00 - 07.45	Total Spin	All	Spin Studio
09.00 - 10.00	Total Boxfit Circuit	All	Studio 2
10.00 - 11.00	Tai Chi	All	Studio 1
10.30 - 11.00	Zumba Gold	All	Studio 2
10.30 - 11.15	Aqua Aerobics	All	Small Pool
11.00 - 12.00	Zumba	All	Studio 2
11.15 - 12.00	Gentle Circuit	Rehab	Studio 1
11.15 - 12.00	Ducklings - Parents & Tots	All	Small Pool
12.00 - 13.00	Ryfields	Private	Small Pool
13.00 - 14.30	Hatha Yoga	All	M&B
16.00 - 18.00	Swimming Lessons	age 3+	Small Pool £
17.30 - 17.50	Total Abs	All	Studio 1
17.30 - 18.30	Hatha Yoga	All	M&B
18.00 - 19.00*	Family Karate	All	Studio 1
18.00 - 18.45*	Step	All	Studio 2
18.30 - 19.15	Total Spin	Int/Adv	Spin Studio
19.00 - 19.45	Legs, Bums & Tums	All	Studio 1

THURSDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Total Aqua	All	Small Pool
10.00 - 10.45	Aerobics	All	Studio 2
10.45 - 11.30	Stability Ball	All	Studio 2
11.30 - 12.30	Yoga	All	Studio 2
13.30 - 14.30	Beginners Aqua	Rehab	Small Pool
18.00 - 19.00	Family Viking Ship	age 4-14	Small Pool
18.00 - 19.00*	Fun and Fitness	age 4-14	Family Zone
18.00 - 19.00*	Body Combat	All	Studio 2
18.00 - 18.45*	Total Spin	Int/Adv	Spin Studio
18.00 - 18.45	Tabata	All	Studio 1
18.45 - 19.45	YogaLates (a bit of both)	Beg	Studio 1
19.00 - 19.45	Aqua Aerobics	All	Small Pool
19.00 - 19.45	Body Pump	All	Studio 2
19.45 - 21.00	Karate	All	Studio 2

FRIDAY Club opens 06.30 Closes 21.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.30	Gentle Exercise	Rehab	Studio 1
09.45 - 10.30	Aqua Tone	All	Small Pool
10.45 - 11.30	Rehab Aqua	Rehab	Small Pool
10.00 - 11.00	20, 20, 20	All	Studio 2
11.00 - 12.00	Pilates	All	Studio 2
16.00 - 18.00	Swimming Lessons	age 3+	Small Pool £
17.00 - 18.00	Fun and Fitness	age 4-14	Studio 1
17.30 - 18.15	Total Spin	All	Spin Studio
18.00 - 19.00	Family Inflatable Session	Families	Small Pool

SATURDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Total Spin	All	Spin Studio
09.30 - 12.30	Swimming Lessons	age 3+	Small Pool £
10.00 - 11.00*	Zumba	All	Studio 2
10.00 - 11.00*	Fun and Fitness	age 4-14	Studio 1
11.00 - 12.00	Body Combat	All	Studio 2
11.30 - 12.30	Family Splash	All	Small Pool
13.00 - 15.30	Private Party		Small Pool or Studio £
12.00 - 13.00	Ladies Circuit	All	Studio 1
15.00 - 16.00	Family Inflatable Session	Families	Small Pool
16.30 - 18.30	Water Babies	All	Small Pool

SUNDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
09.25 - 09.55	Spin Express	All	Spin Studio
10.00 - 11.00*	Fun and Fitness	age 4+	Studio 1
10.00 - 11.00*	Total Step	All	Studio 2
11.00 - 11.45	Leg, Bums and Tums	All	Studio 2
11.15 - 12.15	Family Karate	All	Studio 1
11.45 - 12.45	Yoga	All	Studio 2
12.30 - 13.30	Family Inflatable Session	Families	Small Pool
13.30 - 15.30	Private Party		Small Pool or Studio £
15.30 - 18.00	Water Babies	All	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.

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