

Crewe Timetable

MONDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.45 - 11.15*†	Holiday Zone	age 4-12	Small Pool £
10.00 - 11.00*	Latin Line Dancing	All	Studio 2
10.00 - 11.30	Hatha Yoga	All	Mind & Body
10.15 - 11.00*	Body Tone	All	Studio 1
10.15 - 11.15*	Spin	All	Spin Studio
11.15 - 12.00	Aqua Aerobics	All	Small Pool
12.30 - 13.30†	Swimming Intensive Lessons	age 4-12	Small Pool £
16.00 - 17.30	Swimming Lessons	age 3+	Small Pool £
16.30 - 17.30	Sport Zone	age 4-12	Studio 1
17.30 - 18.00	Abs Blast	All	Gym Floor
18.00 - 18.45	Step	All	Studio 1
18.00 - 19.00	Pilates	All	Mind & Body
18.15 - 19.00	Total Spin	Beg/Int	Spin Studio
19.00 - 20.00	Yoga	All	Mind & Body

TUESDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Kettlercise/Power Body	All	Studio 1
10.00 - 11.00	Yoga	All	Mind & Body
10.00 - 11.00†	Swimming Intensive Lessons	age 4-12	Small Pool £
10.30 - 11.15	Aerotone	All	Studio 1
11.15 - 12.45*†	Holiday Zone	age 4 - 12	Studio 2 £
11.45 - 12.45*	Pilates	All	Mind & Body
16.00 - 17.00	Swimming Lessons	age 3+	Small Pool £
17.00 - 18.15	Swimming Lessons	age 3+	Small pool £
18.00 - 19.30	Ashtanga Yoga	All	Mind & Body
18.30 - 19.15	Total Spin	Int	Spin Studio
18.15 - 19.00	Salsa Aerobics	All	Studio 1
18.30 - 19.15	Aqua Aerobics	All	Small Pool
19.15 - 20.00	Power Body/Kettlercise	All	Studio1
19.15 - 20.15	Triathlon-Swim	All	Main Pool
20.00 - 20.30	Spin	All	Spin Studio

WEDNESDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.00 - 10.30*†	Holiday Zone	age 4-12	Small Pool £
09.15 - 10.15*	Spin Circuit	All	Spin Studio
09.45 - 10.45	Pilates	Beg	Mind & Body
10.00 - 10.45	Aerobics	All	Studio 1
11.00 - 11.45	Body Conditioning	All	Studio 1
11.30 - 12.30	Line Dancing	All	Studio 2
11.30 - 12.30†	Swimming Intensive Lessons	age 4-12	Small Pool £
16.00 - 19.00	Swimming Lessons	age 3+	Small Pool £
17.00 - 18.00	Game Zone	age 4-12	Studio 1
17.30 - 18.30	Junior Swim Fit	Juniors	Main Pool
18.00 - 18.45	Street Dance	All	Studio 1
18.00 - 19.00	Yin Yoga	Beg/Int	Mind & Body
18.00 - 19.00	Total Spin	All	Spin Studio

THURSDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.45 - 10.30	Spin	All	Spin Studio
09.30 - 10.30†	Swimming Intensive Lessons	age 4-12	Small Pool £
10.00 - 10.45	Zumba	All	Studio 1
10.00 - 11.30*†	Holiday Zone	age 4-12	Family Area £
10.30 - 11.30*	Total Tone	All	Studio 2
11.00 - 12.00	Yoga	All	Mind & Body
11.15 - 12.00	Aqua Aerobics	All	Small Pool
12.00 - 13.00	Tai-Chi	All	Studio 2
16.30 - 17.15	Adult Swimming Lessons	All	Small Pool
16.30 - 17.30	Junior Swim Fit	Juniors	Main Pool
17.45 - 18.30	Body Blitz	All	Studio 1
18.00 - 18.45	Total Spin	All	Spin Studio
18.00 - 19.00	Pilates	All	Mind & Body
19.00 - 19.45	Legs, Bums & Tums	All	Studio1

FRIDAY			
		Club opens 06.30	Closes 21.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.30†	Swimming Intensive Lessons	age 4-12	Small Pool £
09.30 - 10.15	Legs, Bums & Tums	All	Studio 1
10.00 - 11.00	Yoga	All	Mind & Body
10.00 - 10.45	Stay Active	All	Studio 2
10.15 - 11.00	Zumba	All	Studio 1
11.00 - 12.30*†	Holiday Zone	age 4-12	Studio 1 £
11.15 - 12.00*	Aqua Aerobics	All	Small Pool
12.30 - 13.30	Cardio Pilates	All	Mind & Body
16.00 - 17.30	Swimming Lessons	age 3+	Small Pool £
17.30 - 19.30	Swimming Lessons	age 3+	Main Pool £
17.30 - 18.15	Kettlercise	All	Studio 1
18.15 - 19.00	Total Spin	Int	Spin Studio

SATURDAY			
		Club opens 08.00	Closes 19.00
TIME	CLASS	LEVEL	STUDIO
08.15 - 09.15	Swim Fit		Main Pool
08.45 - 12.00	Swimming Lessons	age 3+	Small Pool £
09.30 - 10.15	Spin	All	Spin Studio
10.00 - 11.00	Pilates	Beg	Mind & Body
10.30 - 11.30*	Game Zone	age 4-12	Studio 2
10.30 - 11.30*	Total Tone	All	Studio 1
11.15 - 12.15	Pilates	All	Mind & Body
12.00 - 12.30	Swimming Lessons	age 3+	Main Pool £
12.00 - 17.00	Private Party		Small Pool or Studio £
14.00 - 15.00	Splash		Small Pool

SUNDAY			
		Club opens 08.00	Closes 19.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.30	Swim Fit		Main Pool
10.00 - 10.30	Swim a song course	age 0-3	Small Pool £
10.30 - 11.30	Sport/Game Zone		Studio 2
10.30 - 11.30	Splash		Small Pool
10.30 - 11.30	Spin/Family Spin	All	Spin Studio
11.30 - 12.00	Express Circuit	All	Studio1
12.00 - 17.00	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.

† These classes only take place in school holidays.

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

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.

Last entry to the club is 30 minutes before closing
Children must leave the facilities by 19.30

Don't forget your Friends & Family.
Guest Day Passes only £7.50 (14yrs and under) £15 (15 yrs +)

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