

Teesside Timetable

MONDAY Club opens 06.30 Closes 22.00

| TIME | CLASS | LEVEL | STUDIO |
|----------------|-------------------|----------|---------------|
| 07.30 - 08.30 | Swim Fit | age 6-15 | Large Pool |
| 09.30 - 11.00 | Tai Chi | All | Studio 1 |
| 09.30 - 10.00 | Spin Express | All | Spin Studio |
| 10.15 - 11.00 | Total Aerobics | All | Studio 2 |
| 11.05 - 11.45 | Nifty 50s | All | Studio 2 |
| 12.00 - 12.45 | Total Aqua | age 16+ | Small Pool |
| 12.30 - 13.00 | Spin Express | All | Spin Studio |
| 13.30 - 14.30 | Yoga | All | Mind & Body |
| 17.30 - 18.30* | Kids Activities | age 4-12 | Activity Zone |
| 17.30 - 18.30* | Pilates | All | Mind & Body |
| 17.30 - 18.30* | Total Aerobics | All | Studio 1 |
| 18.30 - 19.15 | Spin | All | Spin Studio |
| 18.30 - 19.30 | Pool Inflatable | age 4-12 | Small Pool |
| 17.30 - 19.30 | Swim Fit | age 6-15 | Large Pool |
| 19.00 - 19.45 | Mat Based Pilates | All | Mind & Body |

TUESDAY Club opens 06.30 Closes 22.00

| TIME | CLASS | LEVEL | STUDIO |
|----------------|-----------------|----------|---------------|
| 07.30 - 08.30 | Swim Fit | age 6-15 | Large Pool |
| 07.00 - 07.30 | Spin Express | All | Spin Studio |
| 09.30 - 10.15 | Total Spin | All | Spin Studio |
| 09.30 - 10.30 | Total Step | All | Studio 1 |
| 10.00 - 10.45 | Pilates | All | Mind & Body |
| 10.30 - 11.15 | Zumba | All | Studio 1 |
| 10.30 - 11.30 | Body Pump | All | Studio 2 |
| 11.15 - 12.00 | Zumba | All | Studio 1 |
| 16.30 - 17.15 | Body Pump | All | Studio 2 |
| 17.30 - 19.00* | Kids Activities | age 4-12 | Activity Zone |
| 17.30 - 18.30* | Boot Camp | All | Studio 1 |
| 17.30 - 18.15* | Total Spin | All | Spin Studio |
| 17.30 - 19.30 | Swim Fit | age 6-15 | Large Pool |
| 18.00 - 19.00* | Body Combat | All | Studio 2 |
| 18:35 - 19:20 | Zumba | All | Studio 1 |
| 19.05 - 20.00 | Body Pump | All | Studio 2 |

WEDNESDAY Club opens 06.30 Closes 22.00

| TIME | CLASS | LEVEL | STUDIO |
|----------------|-----------------|----------|---------------|
| 07.30 - 08.30 | Swim Fit | age 6-15 | Large Pool |
| 10.00 - 10.45 | Groove FX | All | Studio 2 |
| 11.15 - 12.00 | Pilates | All | Mind & Body |
| 11.00 - 11.45 | Total Tone | All | Studio 2 |
| 12.30 - 13.15 | Total Aqua | All | Small Pool |
| 17.20 - 18.05 | Aqua | All | Small Pool |
| 17.30 - 18.30* | Kids Activities | age 4-12 | Activity Zone |
| 17.30 - 18.30* | Funk Aerobics | All | Studio 2 |
| 17.30 - 18.30* | Tai Chi | All | Mind & Body |
| 17.30 - 19.30 | Swim Fit | age 6-15 | Large Pool |
| 18.15 - 19.15 | Total Step | All | Studio 1 |
| 18.30 - 19.30 | Pilates | All | Mind & Body |
| 18.35 - 19.35 | Boxercise | All | Studio 2 |
| 19.20 - 20.05 | Zumba | All | Studio 1 |

THURSDAY Club opens 06.30 Closes 22.00

| TIME | CLASS | LEVEL | STUDIO |
|---------------|------------------|----------|---------------|
| 07.30 - 08.30 | Swim Fit | age 6-15 | Large Pool |
| 07.00 - 07.30 | Spin Express | All | Spin Studio |
| 09.30 - 10.30 | Box a Circuit | All | Studio 2 |
| 10.35 - 11.30 | Body Pump | All | Studio 2 |
| 17.30 - 18.30 | Kids Activities | age 4-12 | Activity Zone |
| 18.00 - 19.00 | Box a Circuit | All | Studio 2 |
| 16.30 - 18.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.30 - 19.30 | Swim Fit | age 6-15 | Large Pool |
| 19.05 - 20.05 | Body Pump | All | Studio 2 |
| 19.00 - 20.00 | Spin Extreme | Adv | Spin Studio |

FRIDAY Club opens 06.30 Closes 21.00

| TIME | CLASS | LEVEL | STUDIO |
|----------------|------------------|----------|---------------|
| 07.30 - 08.30 | Swim Fit | age 6-15 | Large Pool |
| 09.30 - 10.15 | Total Aerobics | All | Studio 1 |
| 09.30 - 10.15 | Pilates | All | Mind & Body |
| 09.30 - 10.15 | Total Aqua | All | Small Pool |
| 10.15 - 11.00 | Groove FX | All | Studio 2 |
| 11.15 - 12.00 | Body Flow | All | Mind & Body |
| 16.00 - 19.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 16.00 - 17.00 | Swim Fit | age 6-15 | Large Pool |
| 17.30 - 18.30* | Kids Activities | age 4-12 | Activity Zone |
| 17.30 - 18.15* | Total Spin | All | Spin Studio |

SATURDAY Club opens 08.00 Closes 19.00

| TIME | CLASS | LEVEL | STUDIO |
|----------------|------------------------|----------|---------------|
| 09.00 - 09.45 | Aerobics | All | Studio 2 |
| 09.30 - 11.30* | Kids Activities | age 4-12 | Activity Zone |
| 09.00 - 12.45 | Swimming Lessons | age 3+ | Small Pool £ |
| 09.45 - 10.35* | Body Pump | All | Studio 2 |
| 10.45 - 11.30* | Total Spin | All | Spin Studio |
| 13.00 - 14.00† | Pool Inflatable - Croc | age 4-12 | Small Pool |
| 13.00 - 14.00 | Swim Fit | age 6-15 | Large Pool |
| 16.00 - 16.45 | Swim Fit | age 6-15 | Large Pool |

SUNDAY Club opens 08.00 Closes 19.00

| TIME | CLASS | LEVEL | STUDIO |
|----------------|-----------------|----------|---------------|
| 10.00 - 11.00* | Kids Activities | age 4-12 | Activity Zone |
| 10.00 - 11.00* | Spin Extreme | Adv | Spin Studio |
| 11.15 - 12.15 | Body Pump | All | Studio 2 |
| 11.15 - 12.15 | Swim Fit | age 6-15 | Large Pool |
| 16.00 - 17.00 | Swim Fit | age 6-15 | Large 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.

† Pool Inflatable - Children under 8 years must be supervised by a parent/guardian

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.

Tel No: 01642 664 888