

Wakefield Timetable

| MONDAY | | | |
|-----------------------------|-------------------------|---------------------|---------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 06.30 - 07.30 ^B | Spin 101 | All | Spin Studio |
| 09.30 - 10.15 | Kettlebells | All | Studio 1 |
| 09.30 - 10.30 | Tai Chi | All | Studio 2 |
| 10.15 - 11.00 | Totally Tone | All | Studio 1 |
| 09.30 - 10.30 ^B | Pilates | Beg/Int | M&B |
| 10.30 - 11.30 ^B | Pilates | Int/Adv | M&B |
| 11.30 - 12.15 ^B | Aqua Circuits | All | Small Pool |
| 12.00 - 13.30 | Private Booking | | Studio 2 |
| 16.00 - 17.00 | Swimfit | All | Main Pool |
| 17.00 - 18.00 ^{*B} | Kids Circuit | age 4-14 | Studio 2 |
| 17.15 - 18.00 [*] | L.B.T | All | Studio 1 |
| 17.20 - 18.20 ^B | Yoga | All | M&B |
| 18.00 - 18.45 ^B | Spin | All | Spin Studio |
| 18.00 - 18.45 | Body Combat | All | Studio 1 |
| 18.15 - 19.00 ^B | Boxercise | All | Studio 2 |
| 18.30 - 19.30 ^B | Pilates | All | M&B |
| 18.45 - 19.15 | Total Abs | All | Studio 1 |
| 19.15 - 20.00 | Ezjee Aerobics | Beg | Studio 1 |
| 19.00 - 19.30 | Begin To Spin | Beg | Spin Studio |

| TUESDAY | | | |
|-----------------------------|----------------------------|---------------------|---------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 07.30 - 08.00 | Early Bird Family Swim Fit | All | Poolside |
| 09.30 - 10.15 ^B | Spin 101 | Beg | Spin Studio |
| 09.30 - 10.30 | Body Combat | All | Studio 1 |
| 09.50 - 10.25 | Babyballet | *** | M&B £ |
| 10.30 - 11.15 | L.B.T | All | Studio 1 |
| 10.40 - 11.15 | Babyballet | *** | Studio 2 £ |
| 11.15 - 12.00 ^B | Aqua | All | Small Pool |
| 10.30 - 11.30 ^B | Pilates | All | M&B |
| 16.00 - 17.00 | Family Lane Swim | All | Main Pool |
| 16.00 - 17.00 | Swimfit | All | Main Pool |
| 16.00 - 19.45 | Swimming Lessons | All | Both Pools £ |
| 17.00 - 18.00 ^{B*} | Yoga | All | M&B |
| 17.00 - 18.00 ^{B*} | Kids Zone | age 4-11 | Studio 1 |
| 17.15 - 18.00 ^B | Zumba | All | Studio 1 |
| 18.00 - 18.45 ^B | Spin Hills | All | Spin Studio |
| 18.00 - 19.00 | Total Aerobics | Int/Adv | Studio 1 |
| 18.00 - 19.00 ^B | Pilates | All | M&B |
| 18.00 - 21.00 | Private Booking | | Studio 2 |
| 19.30 - 20.00 | Mini polo | | Small Pool |
| 19.15 - 20.00 | Ezjee Aerobics | Beg | Studio 1 |

| WEDNESDAY | | | |
|-----------------------------|-------------------------|---------------------|---------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 06.45 - 07.30 | Total Pump | All | Studio 1 |
| 09.30 - 10.30 | Tai Chi | All | Studio 2 |
| 09.45 - 10.30 [*] | Total Step | All | Studio 2 |
| 10.30 - 11.15 | Total Tone | All | Studio 1 |
| 10.30 - 11.30 ^B | Pilates | All | M&B |
| 11.30 - 12.15 ^B | Aqua | All | Small Pool |
| 17.00 - 18.00 | Swimfit | All | Main Pool |
| 17.00 - 18.45 | Swimming Lessons | All | Both Pools £ |
| 17.00 - 18.00 [*] | Kids Zone | age 4-14 | Studio 1 |
| 17.00 - 18.00 ^{*B} | Pilates/Yoga | All | M&B |
| 17.15 - 18.00 ^{*B} | Spin Extreme | Int/Adv | Spin Studio |
| 18.00 - 19.00 [*] | Splash | age 4-14 | Small Pool |
| 18.00 - 19.00 ^{*B} | Boxercise | All | Studio 2 |
| 18.00 - 19.00 [*] | Total Pump | All | Studio 1 |
| 18.15 - 19.00 ^B | Spin 101 | Beg/Int | Spin Studio |
| 19.00 - 20.00 ^B | Yoga | All | M&B |
| 19.00 - 20.00 | Circuit Class | All | Studio 2 |

| THURSDAY | | | |
|-----------------------------|-------------------------|---------------------|---------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 07.00 - 08.00 | Early Bird Swim Fit | All | Poolside |
| 09.30 - 10.15 | Total Tone | All | Studio 1 |
| 10.00 - 11.00 | Yoga | All | M&B |
| 10.30 - 11.30 | Total Dance | All | Studio 1 |
| 11.00 - 11.45 ^B | Aqua | All | Small Pool |
| 16.00 - 17.00 | Swimfit | All | Main Pool |
| 17.15 - 18.00 [*] | Legs, Bums & Tums | All | Studio 1 |
| 17.15 - 18.00 ^{*B} | Spin | All | Spin Studio |
| 17.15 - 18.00 [*] | Kids Zone | age 4-14 | Studio 2 |
| 18.00 - 18.45 ^B | Zumba | All | Studio 1 |
| 18.00 - 19.00 | The Viking Ship | All | Small Pool |
| 18.00 - 19.00 ^B | Pilates | All | M&B |
| 19.00 - 20.00 | Body Pump | All | Studio 2 |
| 19.30 - 20.30 | Kettlebells | All | Studio 1 £ |

| FRIDAY | | | |
|----------------------------|-------------------------|---------------------|---------------|
| | Club opens 06.30 | Closes 21.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 06.45 - 07.30 ^B | Spin | All | Spin Studio |
| 09.30 - 10.15 ^B | Spin | All | Spin Studio |
| 09.30 - 10.15 ^B | Zumba | All | Studio 1 |
| 09.30 - 10.30 | Yoga | All | M&B |
| 10.15 - 11.00 | Total Tone | All | Studio 1 |
| 10.30 - 11.30 ^B | Yoga | All | M&B |
| 10.45 - 11.30 ^B | Aqua | All | Small Pool |
| 16.00 - 17.00 | Swimfit † | age 7 - 14 | Main Pool |
| 16.00 - 19.45 | Swimming Lessons | All | Both Pools £ |
| 18.00 - 19.00 ^B | Power Hour | All | Spin/Studio 1 |

| SATURDAY | | | |
|-----------------------------|-------------------------|---------------------|------------------------|
| | Club opens 08.00 | Closes 19.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.00 - 10.00 ^B | Spin | All | Spin Studio |
| 09.15 - 09.40 | Babyballet | *** | M&B £ |
| 08.45 - 12.00 | Swim Lessons | All | Both Pools |
| 10.00 - 11.00 [*] | Kidz Zone | age 4-14 | Studio 1 |
| 10.00 - 11.00 [*] | Total Aerobics | Int/Adv | Studio 1 |
| 10.00 - 11.00 ^{*B} | Yoga | All | M&B |
| 11.00 - 11.45 [*] | Tone | All | Studio 1 |
| 11.10 - 11.45 [*] | Babyballet | *** | Studio 2 £ |
| 14.00 - 16.00 | The Viking Ship | All | Small Pool |
| 14.30 - 15.30 | Family Swimfit | | Main Pool |
| 16.00 - 18.00 | Private Party | | Small Pool or Studio £ |

| SUNDAY | | | |
|----------------------------|-------------------------|---------------------|------------------------|
| | Club opens 08.00 | Closes 19.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.15 ^B | Spin | All | Spin Studio |
| 10.00 - 11.00 [*] | Kids Zone | age 4-14 | Studio 2 |
| 10.15 - 11.00 [*] | Total Tone | All | Studio 1 |
| 13.00 - 15.00 | Private Party | | Small Pool or Studio £ |
| 14.00 - 19.00 | Family Karate | Families | Studio 1 |
| 14.30 - 15.30 | Family Swimfit † | | Main 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.

B Please book for these classes at reception from 6.30am on the day

† Swimfit Juniors must be signed in and out and be able to swim 50 metres

*** Babyballet see reception or Vanessa on 0845 3884062 for more details

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 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.