

# 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
10.00 - 10.45	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**