

Wilmslow Timetable

MONDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.00 - 10.00	Total Circuits	All	Studio One
09.30 - 10.45†	Yoga & Relaxation	All	Mind & Body
10.10 - 11.10	Total Step	Int	Studio Two
10.15 - 11.00†	Aqua Aerobics	All	Small Pool
10.30 - 11.30	Zumba	All	Studio One
10.50 - 12.05†	Yoga & Relaxation	All	Mind & Body
11.15 - 12.15	Total Tone	All	Studio One
12.15 - 13.45	Pilates Course	Paid	Mind & Body
13.00 - 13.30	Swimming Lessons	age 3+	Small Pool £
13.00 - 13.45†	Pilates Condition & Stretch	All	Studio One
13.45 - 14.30	Work Off The Weekend	All	Studio One
16.00 - 16.50	Tennis	age 10-16	Family Gym
16.00 - 19.15	Swimming Lessons	age 3+	Small Pool £
17.30 - 18.15	Body Attack	All	Studio Two
18.15 - 19.15	Body Max	All	Studio Two
18.00 - 18.50	Total Step	Int	Studio One
18.15 - 19.00	Total Spin	All	Spin Studio
19.00 - 20.00	Total Circuits	All	Studio One
19.00 - 20.30†	Iyengar Yoga	Int/Adv	Mind & Body
19.15 - 20.00	Total Tone	All	Studio Two
19.30 - 20.15†	Aqua Aerobics	All	Small Pool
20.30 - 21.00	Spin Express	All	Spin Studio

TUESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
07.30 - 08.00	Total Spin	All	Spin Studio
09.30 - 10.30	Pilates	All	Mind & Body
10.00 - 11.00	Body Max	All	Studio One
10.15 - 11.00	Young At Heart	All	Studio Two
10.15 - 11.00†	Aqua Aerobics	All	Small Pool
10.45 - 12.00†	Yoga For All	Beg	Mind & Body
11.00 - 11.45†	Aqua Aerobics	All	Small Pool
11.15 - 12.00	Total Step	Int	Studio One
12.00 - 12.45	Zumba	All	Studio Two
14.00 - 15.00	Cardiac Rehab Class Ex Hosp	Hosp	Studio One
16.00 - 18.30	Swimming Lessons	age 3+	Small Pool £
17.30 - 18.00	Total Spin	All	Spin Studio
17.45 - 18.30	Totally Active Junior	age 4-8	Studio One
18.00 - 18.45	Total Tone	All	Studio Two
18.00 - 19.00	Total Circuit	All	Studio One
18.05 - 18.25	Six Pac Attack	All	Spin Studio
18.30 - 19.30	Circa Spin	All	Spin Studio
19.00 - 20.00†	Iyengar Yoga	Beg	Mind & Body
19.15 - 20.00	Zumba	All	Studio Two
19.15 - 20.15	Total Step	Int	Studio One
19.30 - 20.30	Masters Swim	All	Main Pool
20.00 - 21.00	Street Dance	All	Studio Two
20.00 - 21.00	Boot Camp	All	Gym £
20.15 - 21.15	Adult Karate	All	Studio Two

WEDNESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
07.30 - 08.00	Row Awake	All	Gym Floor
09.30 - 10.15	Total Spin	All	Spin Studio
09.30 - 10.30	Total Step	Beg	Studio One
09.45 - 10.30†	Aqua Aerobics	All	Small Pool
10.30 - 11.15	Total Aerobics	All	Studio Two
10.30 - 12.00†	Yoga & Relaxation	All	Mind & Body
10.30 - 11.30	Total Tone	All	Studio One
11.15 - 12.00	L.B.T	All	Studio One
16.00 - 16.45	Tennis	age 4-9	Family Gym
16.00 - 18.00	Swimming Lessons	age 3+	Small Pool £
17.00 - 17.30	Chisel the Middle	All	Studio One
17.00 - 18.00*	Street Dance	age 10-16	Mind & Body
17.30 - 18.00*	Spin Express	All	Spin Studio
18.00 - 19.00	Body Max	All	Studio One
18.00 - 19.00	Intermediate Step	Int	Studio Two
18.00 - 19.00†	Pilates	All	Mind & Body
18.45 - 19.30	Total Spin	All	Spin Studio
19.00 - 19.45†	Aqua Aerobics	All	Small Pool
19.00 - 20.00	Outdoor Boot Camp	All	Football Pitch £
19.00 - 19.45	Total Step	Beg	Studio One
19.15 - 20.45	Tai Chi	All	Mind & Body

THURSDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
07.30 - 08.00	Total Spin	All	Spin Studio
09.30 - 10.15	Stretch & Relax	All	Mind & Body
09.30 - 10.30	Boxercise	All	Studio One
10.00 - 10.45	Swiss Ball Class	All	Studio Two
10.00 - 11.00	Swim A Song	age 0-3	Small Pool £
10.30 - 11.15	Total Aerobics	Int	Studio One
10.45 - 11.15	Total Spin	All	Spin Studio
11.00 - 11.45†	Aqua Aerobics	All	Small Pool
11.15 - 12.15	Total Tone	All	Studio Two
12.15 - 13.15†	Pilates	All	Mind & Body
13.30 - 14.15†	Aqua Aerobics	All	Small Pool
14.00 - 15.00	Cardiac Rehab Class Ex Hosp	Hosp	Studio One
16.00 - 18.45	Swimming Lessons	age 3+	Small Pool £
17.00 - 18.00	Pilates (Course)	Beg	Mind & Body
18.00 - 19.00	Family Splash	Families	Small Pool
18.15 - 19.15	Circa Spin	All	Spin Studio
18.15 - 19.00	L.B.T	All	Studio One
19.00 - 20.00	Pilates (Course)	Beg	Mind & Body
19.00 - 20.00	Outdoor Boot Camp	Paid	Tennis Courts £
19.00 - 19.45	Aerobics	All	Studio Two
19.30 - 20.30	Boxercise	All	Studio One
20.15 - 21.00	Zumba	All	Studio Two

FRIDAY Club opens 06.30 Closes 21.00

TIME	CLASS	LEVEL	STUDIO
07.30 - 08.00	Row Awake	All	Gym Floor
09.30 - 11.00†	Yoga For All	All	Mind & Body
09.45 - 10.45	High Low Tone	All	Studio One
10.00 - 11.00	Body Attack	All	Studio Two
11.00 - 12.00	Body Max	All	Studio One
11.15 - 12.00†	Aqua Aerobics	All	Small Pool
11.15 - 12.00	Total Spin	All	Spin Studio
12.15 - 13.00†	Pilates	All	Mind & Body
16.00 - 18.45	Swimming Lessons	age 3+	Small pool £
17.00 - 18.00	Kids Karate	age 5+	Studio Two £
18.00 - 19.00	Total Circuit	All	Studio One
18.15 - 19.00	Total Spin	All	Spin Studio
19.30 - 20.30	Masters Swim	All	Main Pool

SATURDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
08.30 - 09.30	Swimming Lessons	age 3+	Small Pool £
09.00 - 11.30	Gymnastics	age 4+	Studio Two £
10.00 - 10.45†	Pilates	Int	Mind & Body
10.45 - 11.30†	Pilates	Beg	Mind & Body
10.00 - 11.00	Total Step	All	Studio One
10.30 - 11.30	Arts & Crafts	age 4-12	Family Gym £
11.30 - 12.15	Fun & Fitness	age 4-12	Family Gym
11.15 - 12.15	Body Max	All	Studio One
11.30 - 12.30	Outdoor Boot Camp	All	Football Pitch £
12.15 - 13.15	Family splash	Families	Small Pool
14.00 - 16.00	Private Party	Small Pool	or Studio £
16.00 - 16.45	Total Spin	All	Spin Studio
16.50 - 17.10	Six Pac Attack	All	Mind & Body

SUNDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
09.00 - 12.30	Swimming Lessons	age 3+	Small Pool £
10.00 - 11.00	Body Attack	All	Studio One
11.00 - 11.45	Total Spin	All	Spin Studio
11.50 - 12.10	Six Pac Attack	All	Spin Studio
14.00 - 16.00	Private Party	Small Pool	or Studio £
14.00 - 15.00	Running Club	age 4-12	Family Gym

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

KEY

£ Additional charge please see reception

† Please book in for these classes 30 mins before the class starts, at reception.

Text in blue - Classes in the pool. The pool indicated MAY be unavailable or sectioned off at these times.

* 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:** Childrens classes require a minimum of 2 attendees to take place.

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.