

Prenton Timetable

MONDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Spin	Beg/All	Spin Studio
08.45 - 09.45†	Pilates	All	Studio 1
09.15 - 09.45	Spin	All	Spin Studio
09.45 - 10.45†	Pilates	All	Studio 1
10.00 - 11.00	Khai Bo Circuit	Int	Studio 2
10.45 - 11.30	Fitball	All	Mind & Body
11.00 - 12.00†	Tai Chi	All	Studio 1
11.15 - 12.00†	Aqua Tone	All	Small Pool
17.00 - 17.15	Tummy Attack	All	Studio 1
17.15 - 18.00	Aerobics	All	Studio 1
17.00 - 17.30	Junior Running Club	age 8+	Studio 2
17.30 - 18.30*	Junior Swim Fit	age 8+	Main Pool
17.30 - 18.00*	Spin	Beg	Spin Studio
18.00 - 19.00†	Stability Ball	Beg	Mind & Body
18.00 - 19.00†	Body Combat	All	Studio 2
18.00 - 18.30	Childrens Circuit	age 8+	Studio 1
18.00 - 20.00	Squash Club	All	Both Squash Courts
18.15 - 19.00†	Aqua	All	Small Pool
18.30 - 19.30	Total Technique	All	Main Pool
19.00 - 20.00	Body Pump	All	Studio 2
19.00 - 19.45	Step	All	Studio 1
19.00 - 20.00†	Intro To Yoga	Beg	Mind & Body
19.15 - 20.00	Spin	Int	Spin Studio
19.30 - 20.30	Masters Swim	All	Main Pool
20.00 - 20.45	Legs Bums and Tums	All	Studio 1

TUESDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
06.45 - 07.30†	Aqua	All	Small Pool
09.15 - 09.45	Spin	Beg/All	Spin studio
10.00 - 11.00†	Zumba	All	Studio 2
10.00 - 10.45†	Aqua	All	Small Pool
10.00 - 11.00†	Intro to Pilates	All	Studio 1
10.45 - 11.45	Private class	Private	Small Pool
11.00 - 12.00	Senior Tone	All	Studio 2
11.00 - 12.00†	Intro to Pilates	Beg	Studio 1
12.30 - 13.30†	Intro To Pilates	All	Studio 1
14.00 - 15.30†	Yoga	All	Studio 1
16.00 - 17.30	Swimming Lessons	age 3+	Small Pool £
17.30 - 18.00	Spin	Beg	Spin Studio
18.00 - 19.00*	Junior Swim Fit	age 8+	Main Pool
18.00 - 19.00*	Game Zone	age 4+	Mind & Body
18.00 - 19.00*†	Intro to Pilates	All	Studio 1
18.00 - 19.00*	Kai Bo	Int	Studio 2
18.15 - 19.00	Splash	Families	Small Pool
19.00 - 20.00	Body Pump	All	Studio 2
19.15 - 20.00	Spin	Int	Spin Studio
20.15 - 21.00	Total Circuit	All	Studio 2

WEDNESDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Circuit	Beg/All	Studio 2
09.00 - 10.00†	Intermediate Pilates	Int/Adv	Mind & Body
09.15 - 09.45	Spin	All	Spin Studio
09.30 - 10.30	Private Class	PRIVATE	Small Pool
10.00 - 11.00	Body Pump	All	Studio 2
10.00 - 11.00	Line Dancing	All	Studio 1
11.00 - 11.45†	Aqua	All	Small Pool
11.00 - 12.30	Tai Chi	All	Studio 1
11.30 - 12.15	Nifty Fiftys	All	Studio 2
13.00 - 13.45†	Aqua	All	Small Pool
13.00 - 14.00	Stress Buster	All	Studio 1
16.00 - 17.30	Swimming Lessons	age 3+	Small Pool £
17.30 - 18.00	Spin	Adv	Spin studio
18.00 - 18.15*	Abs	All	Studio 2
18.00 - 19.00*	Junior Swim Fit	age 8+	Main Pool
18.15 - 19.15†	Body Combat	All	Studio 2
18.15 - 19.45†	Yoga	All	Mind & Body
18.15 - 19.15†	Pilates	All	Studio 1
19.15 - 20.15	Body Pump	All	Studio 2
19.30 - 20.15†	Aqua	All	Small Pool
19.45 - 21.00	Yoga	All	Mind & Body
20.15 - 21.00	Adult Swimming Lessons	Beg/All	Small Pool £

THURSDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
09.15 - 09.45	Spin	Beg/All	Spin Studio
09.30 - 10.30†	Tai Chi	Beg	Studio 1
10.00 - 10.45	Fit Ball Circuit	All	Mind & Body
10.00 - 11.00	Khai Bo	All	Studio 2
10.15 - 11.00†	Aqua	All	Small Pool
11.00 - 12.00	Body Conditioning	All	Studio 2
11.30 - 12.30†	Pilates	All	Studio 1
14.00 - 15.30†	Yoga	All	Studio 1
16.30 - 17.30	Junior Swim Fit	age 8+	Main Pool
17.00 - 17.45*	Salsa	Beg/All	Studio 2
17.30 - 18.00	Spin	Beg/All	Spin Studio
18.00 - 19.00†	Body Blast	INT	Studio 2
18.00 - 19.00	Step	All	Studio 1
19.00 - 20.00	Spin	All	Spin Studio
19.00 - 20.00†	Zumba	All	Studio 2
19.00 - 20.00†	Tai Chi	Int/Adv	Studio 1

FRIDAY			
	Club opens 06.30	Closes 21.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.30	Spin Express	All	Spin Studio
09.00 - 10.00†	Pilates	All	Studio 1
09.15 - 09.45	Spin	All	Spin Studio
09.30 - 10.15†	Aqua	All	Small Pool
10.00 - 11.00†	Pilates	All	Studio 1
10.00 - 11.00	Body Blast	Beg	Studio 2
11.00 - 12.00	Body Pump	All	Studio 2
11.00 - 12.00	Line Dancing	All	Studio 1
12.00 - 13.30†	Yoga	All	Studio 1
13.00 - 13.45†	Aqua	All	Small Pool
16.00 - 17.30	Swimming Lessons	age 3+	Small Pool £
17.00 - 18.00*	Junior Swim Fit	age 8+	Main Pool
17.00 - 18.00*	Body Pump	All	Studio 2
17.30 - 18.00	Spin	All	Spin Studio
18.30 - 19.00	Splat	Families	Small Pool
18.00 - 19.00†	Pilates	Int	Mind & Body

SATURDAY			
	Club opens 08.00	Closes 19.00	
TIME	CLASS	LEVEL	STUDIO
10.00 - 11.00	Spin	Adv	Spin Studio
10.00 - 11.00†	Body Combat	Int	Studio 2
10.00 - 11.00	Tai Chi	All	Studio 1
11.00 - 12.00	Junior Swim Fit	age 8+	Main Pool
11.00 - 12.00*	Sport Zone	age 4+	Studio 1
11.00 - 12.00*†	Zumba	All	Studio 2
12.00 - 13.00*†	Pilates	All	Studio 1
12.00 - 13.00*	Splash	Families	Small Pool
12.30 - 13.30*	Family Karate	All	Studio 2
13.00 - 14.00	Private Party	Small Pool	£
13.30 - 14.30	Karate	Int/Adv	Studio 2
16.00 - 17.00	Spin Circuit	All	Spin Studio

SUNDAY			
	Club opens 08.00	Closes 19.00	
TIME	CLASS	LEVEL	STUDIO
09.00 - 10.00	Step	Int	Studio 2
10.00 - 11.00	Spin	Adv	Spin studio
10.00 - 11.00	Total Tone	All	Studio 2
11.00 - 12.00	Sportzone	age 4+	Studio 1
11.30 - 12.30	Family WuShu	age 5+	Studio 2 £
12.00 - 13.00	Splash	All	Small Pool
13.00 - 14.00	Private Party	Small Pool	or Studio £
13.00 - 14.00	Junior Swim Fit	age 8+	Main Pool
15.00 - 16.00	Kids Running Club	age 7+	Track

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

† Please book in for these classes from 8am on the day, on the phone 0151 609 4666 or at reception.

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.

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

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.

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