

Whitefield Timetable

MONDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Total Tone	All	Studio 1
10.00 - 10.30	Swimasong	age 0-3	Small Pool £
10.15 - 11.00	Total Step	All	Studio 1
10.30 - 12.00	Yoga	All	M&B
11.00 - 11.45	Aqua	All	Small Pool
14.30 - 15.15	Aqua	All	Small Pool
16.00 - 17.00	Swimming Lessons	age 4+	Small Pool £
16.30 - 17.30	Sports Zone	age 4-12	Studio 2
18.00 - 18.45	Total Step	All	Studio 1
18.45 - 19.45	Spin Xtreme	All	Spin Studio
18.45 - 19.45	Body Pump	All	Studio 1
19.00 - 19.45	Aqua	All	Small Pool
19.30 - 20.30	Pilates	All	M&B

TUESDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.00	Spin Express	All	Spin Studio
09.30 - 10.00	Core Blast	All	Studio 1
10.00 - 10.45	Total Tone	All	Studio 1
10.00 - 10.45	Tai Chi	All	M&B
10.00 - 10.45	Aqua	All	Small Pool
10.45 - 11.30	Nifty Fifties	50+	Studio 1
16.00 - 16.30	Swimming Lessons	age 4+	Main Pool £
16.30 - 17.30	Swimming Lessons	age 4+	Small Pool £
16.45 - 17.45	Sports Zone	age 4-12	Studio 1
18.15 - 19.00	Total Step	All	Studio 1
18.30 - 19.30	Circuit Confusion	All	Studio 2
19.00 - 19.45	Total Tone	All	Studio 1
19.30 - 20.30	Pilates	All	M&B
19.30 - 20.15	Total Spin	All	Spin Studio
19.30 - 20.30	Boxfit	All	Studio 2

WEDNESDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Aqua	All	Small Pool
09.45 - 10.30	Legs, Bums & Tums	All	Studio 1
09.45 - 10.30	Total Spin	All	Spin Studio
10.15 - 11.00	Aqua	All	Small Pool
10.30 - 11.30	Zumba	All	Studio 1
11.30 - 12.30	Pilates	All	M&B
16.00 - 16.30	Swimming Lessons	age 4+	Main Pool £
16.30 - 17.30	Swimming Lessons	age 4+	Small Pool £
17.30 - 19.00	Swimming Lessons	age 4+	Main Pool £
17.45 - 18.30	Body Pump	All	Studio 1
18.30 - 19.15	Body Combat	All	Studio 1
18.30 - 19.30	Yoga	All	M&B
18.45 - 19.45	Running Club	All	Reception
19.00 - 19.45	Total Spin	All	Spin Studio
19.00 - 20.00	Boxfit	All	Studio 2
19.15 - 20.00	Aqua	All	Small Pool
19.15 - 20.15	Karate	Beg	Studio 1
20.15 - 21.15	Karate	Int	Studio 1

THURSDAY			
		Club opens 06.30	Closes 22.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Aqua	All	Small Pool
09.30 - 10.15	Total Step	All	Studio 1
09.30 - 10.15	Total Spin	All	Spin Studio
10.15 - 11.00	Pilates	All	M&B
10.15 - 11.00	Total Tone	All	Studio 1
11.00 - 11.45	Nifty Fifties	50+	Studio 1
16.00 - 17.30	Swimming Lessons	age 4+	Small Pool £
17.30 - 18.30	Swimming Lessons	age 4+	Main Pool £
19.00 - 19.45	Swimming Lessons	age 4+	Small Pool £
17.45 - 19.00*	Family Karate	Family	Studio 1
18.45 - 19.30	Total Circuits	All	Studio 2
19.00 - 19.45	Total Step	All	Studio 1
19.30 - 20.00	Spin Express	All	Spin Studio
19.30 - 20.30	Martial Arts	All	Studio 2
19.45 - 20.30	Legs, Bums & Tums	All	Studio 1

FRIDAY			
		Club opens 06.30	Closes 21.00
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.30	Body Pump	All	Studio 1
09.30 - 10.15	Aqua	All	Small Pool
10.15 - 11.30	Aqua	All	Small Pool
10.30 - 11.15	Begin to Step	All	Studio 1
10.30 - 12.00	Yoga	All	M&B
16.00 - 17.00	Swimming Lessons	age 4+	Small Pool £
17.00 - 18.00	Swimming Lessons	age 4+	Main Pool £
17.00 - 18.00	Yoga	All	M&B
18.30 - 19.15	Splat	age 4 - 12	Small Pool
18.00 - 19.00	Zumba	All	Studio 1
18.00 - 19.00	Body Pump	All	Studio 2

SATURDAY			
		Club opens 08.00	Closes 19.00
TIME	CLASS	LEVEL	STUDIO
08.30 - 09.15	Swimming Lessons	age 4+	Main Pool £
09.15 - 11.15	Swimming Lessons	age 4+	Small Pool £
11.15 - 12.15	Swimming Lessons	age 4+	Main Pool £
09.15 - 10.00	Fitball	All	Studio 1
10.00 - 10.45	Total Step	All	Studio 1
10.00 - 10.45	Total Spin	All	Spin Studio
10.45 - 11.15	Abs Blast	All	Studio 2
10.45 - 11.30	Total Tone	All	Studio 1
11.45 - 12.45*	Yogalates	All	M&B
11.45 - 12.45*	Gamezone	age 4-12	Studio 1
12.45 - 13.30	Splash	age 4-12	Small Pool
14.00 - 15.00	Private Party	All	Small Pool £

SUNDAY			
		Club opens 08.00	Closes 19.00
TIME	CLASS	LEVEL	STUDIO
10.00 - 11.00	Karate	Beg	Studio 1
10.15 - 11.00	Aqua	All	Small Pool
11.00 - 12.00	Karate	Int	Studio 1
11.30 - 12.15*	Total Spin	All	Spin Studio
11.30 - 12.15*	Body Pump	All	Studio 2
11.30 - 12.15*	Splat	age 4-12	Small Pool
12.00 - 13.00	Karate	Adv	Studio 1
12.15 - 13.00	Combat Class	All	Studio 2
14.00 - 15.00	Private Party	All	Small Pool £

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

* 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: 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 - for your children and guests. Either pool or studio. See reception for details. Pool MAY be unavailable at this time.