

Chester Timetable

MONDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.45	Spin	All	Spin Studio
10.00 - 11.30	Holiday Zone	age 4-12	HOLIDAYS £
10.00 - 10.45	Aerobics	All	Studio 1
11.00 - 11.45	Functional Fitness	All	Studio 1
12.00 - 12.45	Aqua Aerobics	All	Small Pool
13.00 - 14.00	Private Class	Private	Small Pool
13.00 - 14.00	Pilates	All	Studio 2
14.00 - 14.45	Zumba NEW	All	Studio 1
16.00 - 17.00	Swimming Lesson	Children	Small Pool £
17.00 - 18.00	Splash Junior	Children	Small Pool
17.30 - 18.00	Abs	All	Studio 1
17.30 - 22.00	Squash Club FREE LIGHTS!!!	All	Squash Courts
18.00 - 18.45	Pilates	All	Studio 2
18.00 - 18.45	BLT	All	Studio 1
18.00 - 18.45	Spin	All	Spin Studio
18.45 - 19.30	Zumba	All	Studio 2
19.00 - 19.45	Aqua Aerobics	All	Small Pool
19.00 - 20.00	Spin	All	Spin Studio
19.00 - 20.00	Crew Class	All	Gym Floor
19.00 - 20.00	Karate	Adult & Juniors	Studio 1

TUESDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
10.00 - 11.00	Spin	All	Spin Studio
10.00 - 11.30	Holiday Zone	age 4-12	HOLIDAYS £
10.00 - 10.45	Stretch & Relax	All	Studio 1
10.00 - 11.30	Yoga	All	M&B
11.00 - 12.00	Senior Circuits	All	Studio 2
12.00 - 12.45	Easy Aqua	All	Small Pool
12.00 - 13.00	Medau	All	Studio 1
16.00 - 18.00	Swimming Lessons	Children	Small Pool £
17.45 - 18.45*	Family Karate	All	Studio 2
18.00 - 18.45*	Total Tone	All	Studio 1
18.00 - 18.45*	Spin	All	Spin Studio
18.15 start	Running Club	All	Outside
19.00 - 19.45	Karate	Adults	Studio 1
19.00 - 19.45	Boot Camp Circuit	All	Studio 2
19.30 - 20.30	Swimming technique	All	Main pool

WEDNESDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
06.45 - 07.30	Spin	All	Spin Studio
09.45 - 10.15	Swim 'a' Song	age 0-3	Small Pool
10.00 - 11.30	Holiday Zone	age 4-12	HOLIDAYS £
11.00 - 11.45	Ballates	All	Studio 2
12.15 - 13.00	Aqua Aerobics	All	Small Pool
14.00 - 14.45	Private Class	Private	Small Pool
14.00 - 15.00	Tai Chi	All	Studio 1
16.15 - 18.00	Swimming Lessons	Children	Small Pool £
17.30 - 18.00	Abs	All	Studio 2
18.00 - 18.45	Pilates	All	Studio 2
18.00 - 18.45	Step	All	Studio 1
18.15 - 19.00	Spin	All	Spin Studio
18.45 - 19.30	Private Class	Private	Small Pool
19.15 - 20.00	Zumba NEW	All	Studio 1
19.15 - 20.00	Spin	All	Spin Studio
19.30 - 20.15	Aqua Aerobics	All	Small Pool
19.30 - 21.00	Yoga	All	M&B

THURSDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
06.45 - 07.30	Core Circuit	All	Studio 2
09.15 - 09.45	Senior Spin	50+	Spin Studio
10.00 - 10.45	Aqua Aerobics	All	Small Pool
10.00 - 11.30	Holiday Zone	age 4 - 12	HOLIDAYS £
10.00 - 11.30	Yoga	All	M&B
10.00 - 10.45	Spin	All	Spin Studio
13.00 - 14.00	Pilates	All	Studio 2
13.45 - 14.45	Private Class	Private	Small Pool
16.00 - 17.00	Tai Chi NEW	Beg	Studio 1
17.00 - 17.45	Splash Junior	Children	Small Pool
17.30 - 22.00	Squash Club (FREE LIGHTS!!!)	All	Squash Courts
18.00 - 18.45	Bar Bell Blast	All	Studio 1
18.00 - 19.00	Pliates	All	M&B
18.15 - 19.15	Boxercise	All	Studio 2
18.15 - 19.00	Spin	All	Spin Studio
19.30 - 20.30	Swimming technique	All	Main pool
19.30 - 21.00	Yoga	All	M&B

FRIDAY			
	Club opens 06.30	Closes 21.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 07.45	Spin	All	Spin Studio
09.00 - 09.30	Swim Technique	Seniors	Main Pool
10.00 - 11.00	Private Class	Private	Small Pool
10.00 - 11.00	Senior Circuit	All	Studio 2
10.00 - 11.30	Holiday Zone	age 4-12	HOLIDAYS £
11.00 - 11.45	Easy Aqua	All	Small Pool
11.15 - 12.00	Body Sculpting	All	Studio 1
12.15 - 13.00	Aqua Aerobics	All	Small Pool
16.00 - 18.45	Swimming Lessons	Children	Small Pool £
18.00 - 18.45*	Spin	All	Spin Studio
18.00 - 19.00*	Crew Class	All	Gym Floor
18.00 - 19.00*	Zumba	All	Studio 1

SATURDAY			
	Club opens 08.00	Closes 19.00	
TIME	CLASS	LEVEL	STUDIO
09.00 - 09.45	Spin	All	Spin Studio
09.45 - 11.00*	Junior Game Zone	age 4-12	Studio 2
10.00 - 10.45*	Spin	All	Spin Studio
10.00 - 10.45*	Step	All	Studio 1
11.00 - 11.45	Total Tone	All	Studio 1
11.00 - 12.00	Splash Junior	Children	Small Pool
13.00 - 14.00	Junior Swim Club	age 11-15	Main Pool
13.30 - 15.30	Private Party	Small Pool or Studio	£

SUNDAY			
	Club opens 08.00	Closes 19.00	
TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Spin	All	Spin Studio
10.00 - 10.45	Step	All	Studio 1
10.45 - 12.00*	Junior Game Zone	age 4-12	Studio 2
11.00 - 11.45*	Total Tone	All	Studio 1
12.00 - 13.00	Splash Junior	Children	Small Pool
12.00 - 13.00	Family Karate	All	Studio 1
13.00 - 14.00	Karate	Int/Adv	Studio 1
13.00 - 14.00	Junior Swim Club	age 11-15	Main Pool
13.30 - 15.30	Private Party	Small Pool or Studio	£
16.00 - 17.30	Yoga	All	M&B

KEY

£ Additional charge please see reception

* These are times when both an adult and child 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.

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.