

Altrincham Timetable

MONDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.30 - 08.30	Circuit	All	Studio 2
09.30 - 10.30	Total Step	Int	Studio 1
09.30 - 10.30	Total Pump	All	Studio 2
10.30 - 11.30	Total Tone	All	Studio 1
10.30 - 11.15	Total Aqua	All	Small Pool
11.45 - 12.45	Pilates	All	M&B Studio
12.00 - 12.45	50s Circuit	All	Studio 2
18.00 - 19.00*	Kids Zone	age 5-12	M&B Studio
18.00 - 19.00*	Aerobics	All	Studio 1
18.30 - 19.15	Spin Extreme	Int/Adv	Spin Studio
19.00 - 20.00	Yoga	All	M&B Studio
19.00 - 20.00	Body Conditioning	All	Studio 1
19.00 - 21.00	Tribal Training	All	Studio 2 £
19.15 - 20.15	Adult Masters Swim	All	Main Pool
19.30 - 20.30	Total Aqua	All	Small Pool
20.00 - 20.45	Zumba	All	Studio 1

TUESDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 08.00	Circuit	All	Studio 2
09.30 - 10.15	Spin Express	All	Spin Studio
09.30 - 10.15	Aerobics	All	Studio 1
10.15 - 11.00	Total Tone	All	Studio 1
10.30 - 11.30	Pilates	All	M&B Studio
11.15 - 12.00	Total Aqua	All	Small Pool
12.30 - 13.00	Begin To Spin	All	Spin Studio
13.00 - 14.15	Yoga	All	M&B Studio
17.30 - 18.30	Karate	All	Studio 2
18.30 - 19.30	Aero Circuit	All	Studio 1
18.30 - 19.30	Spin Extreme	All	Spin Studio
18.30 - 19.30	Boxercise	All	Studio 2
18.30 - 19.45	Yoga	All	M&B Studio
19.30 - 20.30	Street Dance	11-16	Studio1 £
19.45 - 20.15	Spin Express	All	Spin Studio
20.30 - 21.30	Street Dance	Adult	Studio 1 £

WEDNESDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 08.00	Circuit	All	Studio 2
09.30 - 10.30	Body Conditioning	All	Studio 1
09.30 - 10.30	Pilates	All	M&B Studio
10.30 - 11.15	Zumba	Int/Adv	Studio 2
18.00 - 18.45*	Spin Express	All	Spin Studio
18.00 - 19.00*	Kids Zone	age 5-12	M&B Studio
18.00 - 19.00*	Total Step	Int/Adv	Studio 1
18.00 - 19.00	Zumba	All	Studio 2
18.45 - 19.45	Adult Masters Swim	All	Main Pool
19.00 - 20.00	Body Pump	Int	Studio 1
19.00 - 21.00	Tribal Training	All	Studio 2 £
19.30 - 20.30	Pilates	All	M&B Studio
20.00 - 21.00	Aero Circuit	All	Studio 1

THURSDAY			
	Club opens 06.30	Closes 22.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 08.00	Circuit	All	Studio 2
09.30 - 10.30	Stretch n Tone	All	Studio 1
10.00 - 11.15	Yoga	All	M&B Studio
10.15 - 11.00	Total Aqua	All	Small Pool
10.30 - 11.15	Zumba	All	Studio 1
18.00 - 19.00	Yoga	All	M&B Studio
18.30 - 19.30*	Kids Zone	age 5-12	Studio 2
18.30 - 19.30*	Aero Circuit	All	Studio 1
18.30 - 19.30	Spin Extreme	Adv	Spin Studio
19.00 - 21.00	Tribal Training	All	Studio 2 £

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

FRIDAY			
	Club opens 06.30	Closes 21.00	
TIME	CLASS	LEVEL	STUDIO
07.00 - 08.00	Circuit	All	Studio 2
09.30 - 10.15	Spin Climb	All	Spin Studio
09.30 - 10.15	Aerobics	All	Studio 1
10.30 - 11.15	Total Tone	All	Studio 1
10.30 - 11.15	Total Aqua	All	Small Pool
12.45 - 13.30	Begin To Spin	All	Spin Studio
18.00 - 19.00	Hasha Karate	All	Studio 2
18.00 - 19.00	Spin Climb	Int/Adv	Spin Studio

SATURDAY			
	Club opens 08.00	Closes 19.00	
TIME	CLASS	LEVEL	STUDIO
09.30 - 10.00	Spin Express	All	Spin Studio
10.00 - 11.00	Total Step	Int/Adv	Studio 1
10.00 - 11.00	LBT	All	Studio 2
11.00 - 12.00*	Kids Zone	age 5-12	Studio 2
11.00 - 12.00*	Total Circuit	All	Studio 1
11.15 - 12.00	Pilates	All	M&B Studio
14.00 - 15.00	Private Studio Party		Studio 2 £
16.00 - 17.00	Private Pool Party		Small Pool £

SUNDAY			
	Club opens 08.00	Closes 19.00	
TIME	CLASS	LEVEL	STUDIO
09.00 - 09.45	Spin Extreme	Int/Adv	Spin Studio
10.00 - 11.00	Kids Zone	age 5-12	Studio 2
10.45 - 11.30	Total Tone	All	Studio 1
11.00 - 12.00	Total Circuit	All	Gym Floor
11.30 - 12.30	Spin Extreme	All	Spin Studio
12.30 - 13.15	Zumba	All	Studio 2
13.00 - 14.00	Private Pool Party		Small Pool £
14.00 - 15.30	Pirate Ship	age 5-12	Small Pool
16.00 - 17.00	Private Studio Party		Studio 2 £

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 for ALL Aqua, Yoga, Pilates and Spinning classes one hour before.

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.