


JUNE

<u>MONDAY</u>				<u>WEDNESDAY</u>				<u>FRIDAY</u>			
TIME	CLASS	LEVEL	STUDIO	TIME	CLASS	LEVEL	STUDIO	TIME	CLASS	LEVEL	STUDIO
1015-1100	Total Strength	all	2	1000-1045	Body Tone / Hula Tone*	all	2	1200-1245	Aqua Aerobics *	all	Small Pool
1000-1100	Pilates *	all	M&B	1030-1130	Tai Chi	all	M&B	1730-1830	Karate	Adult	2
11.15-11.45	Aerobics	all	2	1100-1145	Aqua Aerobics *	all	Small Pool	1745-1845	Spin & Six Pack Attack*	all	Spin
1200-1245	Aqua Aerobics *	all	Small Pool	1130-1230	Tai Chi	Int/Adv	1				
1730-1830	Family Karate +	all	2	1700-1800	Sport Zone	4-12yrs	1				
1800-1930	Dru Yoga*	all	M&B								
1815-1900	Spin *	all	Spin	1700-1900	Party Booking ***						
1815-1900	Circuits	all	1	1730-1830	Family Karate +	all	2				
1900-1945	Khai Bo	all	2	1815-1915	Pilates *	all	M&B				
1900-2000	Aerobics	all	1	1815-1900	Spin *	all	Spin	<u>SATURDAY</u>			
1915-2000	Aqua Aerobics *	all	Small Pool	1830-1915	Body Tone	all	2	TIME	CLASS	LEVEL	STUDIO
				1915-2015	Body Combat	all	2	0845-1045	Swim Lessons	Juniors	Small Pool
								0915-1000	Spin*	all	Spin
								1000-1045	Zumba	all	2
								1100-1145	Power Yoga	all	M&B
								1100-1300	Party Booking ***		
								1430-1530	Family Inflatable Splash	Juniors	Small Pool

<u>TUESDAY</u>				<u>THURSDAY</u>				<u>SUNDAY</u>			
TIME	CLASS	LEVEL	STUDIO	TIME	CLASS	LEVEL	STUDIO	TIME	CLASS	LEVEL	STUDIO
1000-1045	Legs, Bums & Tums	all	2	0930-1000	Begin To Spin*	all	Spin	1015-1045	Spin Express*	all	Spin
1045-1115	Khai Bo	all	2	0930-1100	Dru Yoga	all	M&B	1030-1200	Swimming Lessons	Juniors	S/M Pool
1045-1145	Nifty Fifties Circuit	50+	1	1030-1100	Nifty Fifties Circuit	50+	2	1045-1145	Body Pump	all	2
1200-1245	Aqua Aerobics *	all	Small Pool	1100-1130	Stretch & Relax	all	2	1045-1145	Game Zone	4-12yrs	1
1630-1700	Swimming Lessons	Juniors	S/M Pool	1130-1230	Tai Chi	all	1	1200-1300	Family Inflatable Splash	Juniors	Small Pool
								1300-1500	Party Booking ***		
1800-1900	TaeKwonDo **	all	2	1700-1800	Swimming Lessons	Juniors	S/M Pool	1700-1800	Thai Boxing **	all	2
1815-1900	Spin *	all	Spin	1600-1700	Swim Fit	Juniors	Main Pool				
1815-1900	Khai Bo	all	1	1800-1845	Spin *	all	Spin				
1830-2000	Hatha Yoga*	all	M&B	1815-1900	Aerobics	all	1				
1900-1945	Body Pump	all	1	1900-1945	Body Pump	all	1				
1900-2100	Thai Boxing **	all	2	1900-2000	Wrexham Tri Club	Adult	Main Pool				
				1915-2000	Aqua Aerobics *	all	Small Pool				
				1915-2015	TaeKwonDo **	all	2				

 Classes suitable for children please check ages allowed in class

 Classes in the pool. Pool may be unavailable at these times

 **BOOK A PRIVATE PARTY** - Book a private party for your children and guests. Either pool or studio. Choose a theme of Princesses, pirates and much more. See reception for details. Pool may be unavailable at this time

KEY

- * You must sign in for this class at reception or by telephone. You may book 2 hrs before Aqua Aerobics on Mon & Tues. All other classes 90 mins prior to commencement.
- ** Small Charge to members
- *** Parties are an additional cost and open to non-members also. Please contact reception for further details
- + This class is a Family linked class