

MONDAY

TIME	CLASS	LEVEL	STUDIO
6:45-07:30	Spin 101 with Leighanne	All	Spin Studio
7:00-8:00	Family Swimfit	*	Lg Pool
9:30-10:15	New Body with Gaynor	All	Studio 1
10:15-11:00	Total Tone with Gaynor	All	Studio 1
9:30-10:30	Pilates with Natalie Green	Beg/Int	M&B
10:30-11:30	Pilates with Natalie Green	Int/Adv	M&B
11:30-12:15	Aqua Circuits with Natalie	All	S Pool
12:00-1:30	Private Booking		Studio 2

5:00-6:00	Kidz Circuit L	Ag 4+	Studio 2
5:15-6:00	L.B.T L with Leighanne	All	Studio 1
5:20-6:20	Yoga With Nicky Kendrick	All	M&B
6:00-6:45	Spin with Leighanne	All	Spin Studio
6:00-6:45	Dance Aerobics with Alison	All	Studio 1
6:15-7:00	Boxercise John Heaton	All	Studio 2
6:30-7:30	Pilates with Elaine Merckx	All	M&B
7:15-8:00	Ezzee Aerobics with Rose	Beg	Studio 1
6:45-7:15	Total Abs with Leighanne	All	Studio 1
7:00-7:30	Begin To Spin with Amy	Beg	Spin Studio

TUESDAY

TIME	CLASS	LEVEL	STUDIO
9:30-10:15	spin 101 with Maxine Dobson		
9:45-10:30	20/20/20 with Leighanne	All	Studio 1
9:50-10:25	Babyballet		M&B
10:40-11:15	Babyballet	*	Studio 2
09:45-10:45	Adult & Child Swim	All	Sm Pool
11:15-12:00	Aqua with Natalie Green	All	Sm Pool
10:30-11:15	L.B.T with Leighanne	All	Studio 1
10:45-11:45	Pilates with Jilly Ingman	All	M&B
4:00-6:45	Swim Lessons	All	Both Pools
5:00-5:45	Kidz Streetdance Leighanne	Ag 4+	Studio 2
5:15-6:00	Cardio Tone with Sarah	All	Studio 1
5:45-6:15	Kidz Spin with Leighanne		Spin Studio
5:00-6:00	Pilates with Elaine Merckx	All	M&B
6:00-7:00	Pilates with Elaine Merckx	All	M&B
6:00-7:00	Total Aerobics Steve Watson	Int/Adv	Studio 1
6:00-9:00	Private Booking		Studio 2
6:30-7:15	Spin Hills with Amy	All	Spin Studio
7:15-8:00	Mini polo L	*	Sm Pool
7:00-8:00	Yoga L with Elaine Merckx	All	M&B
7:00-8:00	Total Step L with Steve Watson	Int/Adv	Studio 1
8:00-8:45	L.B.T with Lynda Fidday	All	Studio 1

WEDNESDAY

TIME	CLASS	LEVEL	STUDIO
6:45-07:30	Total Pump with Leighanne	All	Studio 1
9:45-10:30	Total Step with Lynda Fidday	Int/Adv	Studio 1
10:30-11:15	Total Tone With Natalie	All	Studio 1
10:30-11:30	Pilates starts back 23rd June	All	M&B
11:30-12:15	Aqua with Natalie Green	All	S Pool
3:30-4:30	Swimasong	*	S Pool
3:30-4:30	Family Swimfit	*	Lg pool

5:00-6:00	Swim Lessons	All	S Pool
5:00-6:00	Kidz Zone	Ag 4+	Studio 2
5:15-6:00	Spin Extreme with Leighanne	Int/Adv	Spin Studio
6:00-7:00	Boxercise L	All	Studio 2
6:00-7:00	Total Pump L with Leighanne	All	Studio 1
6:15-7:00	Spin 101 With Natalie Green	Beg/Int	Spin Studio
7:00-8:00	Yoga with Lisa Morris	All	M&B
7:00-7:45	Streetdance with Natalie	All	Studio 2
7:15-8:15	Aqua with Laura	All	S Pool

THURSDAY

TIME	CLASS	LEVEL	STUDIO
9:30-10:15	Total Tone with Leighanne	All	Studio 1
9:30-10:30	Tai Chi with Lindsey	All	Studio 2
10:00-11:00	Yoga With Lisa Morris	All	M&B
10:30-11:30	Total Aerobics Steve Watson	Int/Adv	Studio 1
11:00-11:45	Aqua with Leighanne	All	S Pool

5:15-6:00	Kidz Boxercise L	Ag 4+	Studio 2
5:15-6:00	LBT L with Alison	All	Studio 1
6:00-7:00	The Viking Ship	All	S Pool
6:00-6:45	Total Salsa with Alison	Int/Adv	Studio 1
6:00-7:00	Pilates with Nigel Rooker	All	M&B
6:15-7:00	Spin with Leighanne	All	Spin Studio
7:00-7:45	Fitball with Leighanne	All	Studio 1
7:00-8:00	Private Booking		Studio 2

FRIDAY

TIME	CLASS	LEVEL	STUDIO
06:45-7:30	Spin with Leighanne	All	Spin Studio
9:30-10:15	Spin with Leighanne	All	Spin Studio
8.30-12.00	Cathedral School		Studio 2
9.30:10:15	Total Salsa with Alison	All	Studio 1
10:15-11:00	Total Tone with Alison	All	Studio 1
10.00-11.00	Yoga with Nicky Kendrick	All	M&B
10:30-11:15	Aqua with Leighanne	All	S Pool
12:00-1:30	Private Booking	All	Studio 2
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£	4:00-7:15	Swim Lessons	All
£	6:00-7:00	Power Hour L Leighanne	All
	6:00-7:00	Splash/Swimfit L	*

SATURDAY

TIME	CLASS	LEVEL	STUDIO
08:45-12:45	Swim Lessons	All	Both Pools
9:15-9:40	Babyballet	*	M&B
11:10-11:45	Babyballet	*	Studio 2
10:00-11:00	Kidz Zone L	Ag 4+	Studio 2
10:00-11:00	Total Aerobics L Leighanne	Int/Adv	Studio 1
10:00-11:00	Spin L with Amy	All	Spin Studio
10:00-11:00	Yoga L with Lisa Morris	All	M&B
11:00-11:45	Tone with Leighanne	All	Studio 1
1:00-3:00	The Viking Ship	All	S Pool
4:00-6:00	Pool Parties		S Pool

SUNDAY

TIME	CLASS	LEVEL	STUDIO
9:30-10:15	Spin with Leighanne	All	Spin Studio
9:30-10:30	Kidz Zone	Ag 4+	Studio 1/2
10:15-11:00	Total Tone with Leighanne	All	Studio 1
10:30-11:15	Aqua with Jilly Ingman	All	S Pool
12:15-2:15	The Viking Ship	All	S Pool
1:30-2:30	Family Karate	All	Studio 1
1:30-5:00	Private Booking		Studio 2
11:30-1:30	Studio Parties		Studio 1/2

£ Additional charge please see reception
 * Juniors need to be able to swim 25m

Swimfit = Juniors must be signed in and out

Mini Polo = Age 7-14 Only

Kidz Spin = Must be able to reach pedals to use the bikes safely

Babyballet = Extra charge for this class, discounts for Total fitness members, see reception or call Vanessa on 0845 3884062

Classes suitable for children please check ages allowed in class

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

Adult classes that are linked to Kids classes. Put your kids in class and have a workout yourself

FAMILIES Dont forget we have the family zone and internet and playstation

BOOKING Please book for Aqua,Pilates,Yoga.Spin and Boxercise classes.

BOOKING Please book for all junior classes.

L IS FOR LINK BETWEEN A CHILDS CLASS AND ADULT CLASS,

Changes to timetable will be in green and bold

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

Please note that if there is a pool party on between 4 - 6pm on Saturday the pool will be closed