

CREWE TIMETABLE STARTS MONDAY

MONDAY

TIME	CLASS	LEVEL	STUDIO
09.45 - 11.15	Holiday Zone		Small Pool
10.00 - 11.00	Latin Line dancing	All	Studio 2
10.00 - 11.30	Hatha Yoga	All	M&B
11.15 - 12.00	Aqua Aerobics	All	Small Pool
12.30 - 13.30	Swimming intensive course	Courses	Small pool
16.00 - 17.30	Childrens Swimming Lessons	Lessons	Small Pool
16.30 - 17.30	Sport Zone 4 - 12 Years	All	Studio 1
17.30 - 18.00	Abs Blast	All	Gym Floor
17:30 - 18:15	Total Combat	All	Studio 2
18.00 - 18.45	Step	All	Studio 1
18.00 - 19.00	Pilates	All	M&B
18.15 - 19.00	Total Spin	Beg/Int	Spin Studio
19.00 - 20.00	Belly Dancing	All	Studio 1
19.00 - 19.45	Total Tone	All	Studio 2
19.00 - 20.00	Yoga	All	M&B

TUESDAY

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Power Body	All	Studio 2
10.00 - 11.00	Swimming Intensive Courses	All	Small pool
10.00 - 10.45	Aerobics	All	Studio 1
10.00 - 11.00	Yoga	All	M&B
10.30 - 11.15	Young at Heart	All	Studio 2
10.45 - 12.15	Holiday Zone		Studio 1
11.45 - 12.45	Pilates	All	M&B
16.00 - 17.00	Childrens Swimming Lessons		Small Pool
17.00 - 18.15	Childrens Swimming Lessons		Small pool
18.00 - 18.45	Boxing Circuits	All	Studio 2
18.00 - 19.30	Ashtanga Yoga	All	M&B
18.15 - 19.00	Total Spin	Int	Spin Studio
18.30 - 19.15	Aqua Aerobics	All	Small pool
19.00 - 19.45	Power Body	All	Studio1
19.15 - 20.15	Triathlon-Swim	All	Pool
20.00 - 20.30	Spin	All	Spin Studio

WEDNESDAY

TIME	CLASS	LEVEL	STUDIO
09.00 - 10.00	Holiday Zone		Small Pool
09.15 - 10.00	Fit Ball	All	Studio 2
09.45 - 10.45	Pilates	Beg	M&B
10.00 - 10.30	Swim a song course		Small Pool
10.00 - 10.45	Aerobics	All	Studio 1
11.00 - 12.00	Body Conditioning	All	Studio 1
11.30 - 12.30	Swimming Intensive Course		Small pool
11.30 - 12.30	Line Dancing	All	Studio 2
13.00 - 13.45	Aqua Aerobics	All	Small pool
16.00 - 19.00	Childrens Swimming Lessons		Small Pool
17.00 - 18.00	Game Zone	4-12 Yrs	Studio 1
17.30 - 18.30	Pool Zone - Junior Swim Fit		Main Pool
17.00 - 18.00	Total Tone	All	Studio1
18.00 - 19.00	Yin Yoga	Beg/Int	M&B
18.00 - 19.30	Total Spin	All	Spin Studio
18.30 - 19.30	Circuits	All	Studio 2

THURSDAY

TIME	CLASS	LEVEL	STUDIO
9.30 - 10.30	Swimming Intensive Course		Small Pool
09.45 - 10.30	Spin	All	Spin Studio
10.00 - 10.45	Young at Heart	All	Studio 1
10.30 - 11.30	Power Strength	All	Studio 2
11.15 - 12.00	Aqua Aerobics	All	Small Pool
12.00 - 13.00	Tai-Chi	All	M&B
12.30 - 14.00	Holiday Zone		Family Zone
16.30 - 17.30	Pool Zone - Junior Swim Fit		Main Pool
17.00 - 17.45	Salsa Aerobics	All	Studio 1
18.00 - 18.45	Total Spin	All	Spin Studio
18.45 - 19.15	Abs Blast	All	Gym Floor
18.00 - 19.00	Pilates	All	M&B
19.00 - 19.45	Legs, Bums & Tums	All	Studio1

FRIDAY

TIME	CLASS	LEVEL	STUDIO
09.30-10.15	Legs, Bums & Tums	All	Studio1
09.30 - 10.30	Swimming Intensive		Small Pool
10.00 - 11.00	Yoga	All	M&B
10.00 - 11.00	Stay Active	All	Studio 2
10.15 - 11.00	Step	Int	Studio1
11.15 - 12.00	Aqua Aerobics	All	Small Pool
12.30 - 13.30	Pilates	All	M&B
13.00 - 14.30	Holiday Zone		Studio 2
16.00 - 17.30	Childrens Swimming Lessons		Small Pool
17.30 - 19.30	Childrens Swimming Lessons		Main Pool
18.00 - 18.45	Total Spin	Int	Spin Studio

SATURDAY

TIME	CLASS	LEVEL	STUDIO
08.15 - 09.15	Swim Fit		Main Pool
08.45 - 12.00	Childrens Swimming Lessons		Small Pool
12.00 - 12.30	Childrens Swimming Lessons		Main Pool
09.30 - 10.15	Spin	All	Spin Studio
10.00 - 11.00	Pilates	Beg +	M&B
10.30 - 11.30	Game Zone 4-12 years		
10.30 - 11.30	Total Tone	All	Studio 1
11.15 - 12.15	Pilates	All	M&B
12.00 - 17.00	Childrens Party Times		Studio2/Small pool
14.00 - 15.00	Splash		Small Pool

SUNDAY

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.30	Swim Fit		Main Pool
10.30 - 11.30	Sport/Game Zone		Studio 2
10.30 - 11.30	Splash		Small Pool
10.30 - 11.30	Spin/Family Spin	All	Spin Studio
11.30 - 12.00	Express Circuit	All	Studio1
12.00 - 17.00	Childrens Party Times		Studio 2/Small Pool

£ 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

	Classes Run during school Holidays
	Classes suitable for children please check ages allowed in class
	Classes in the pool. Small pool may be unavailable at these times

FAMILIES Dont forget we have the family zone and internet and playstation
INSTRUCTORS Why not book in for a program with an instructor

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 ask at reception for swimming lessons for age4+
 We also have swim-a-song for 0-3year olds see reception for more details

please note if there are 3 children or less for a kids class, the class will not go ahead