

BOLTON TIMETABLE

MONDAY

TIME	CLASS	LEVEL	STUDIO
09:45-11:30	holiday zone	age 4 -14	varied
9:45-10:30	body attack	all	Studio 2
10:00 – 11:00	pilates	All	Studio 1
10:30-11:15	Arms,legs,Bums andTums	All	Studio 2
12:00-12:45	nifty fifties	All	Studio 2
13:00-13:45	aqua	All	Small Pool
17:45-18:30	Kids Circuit*	age 4 -14	studio 1
17:45-18:30	Step	beg-int	studio 2
18:00-18:45	Total Spin	All	Spin studio
18:30-19:15	Body Conditioning	All	Studio 2
18:45-20:15	Pole and Tone	Adv	Spin studio
20:15-21:45	Polt and Tone	Beq	Spin studio

TUESDAY

TIME	CLASS	LEVEL	STUDIO
09:45-11:30	Holiday Zone	Age 4-14	Varied
09:45-10:45	Body Combat*	All	Studio 2
09:45-10:30	Core stability	All	Studio 1
10:00-10:45	Aqua mobility	All	Small Pool
10:45-11:45	Yoga	All	M&B
13:00-13:45	Back Care	All	Studio 2
17:30-18:15	Aqua mobility	All	Small pool
17:30-19:00	Family Karate	Age 4+	Studio 1
17:30-18:15	Total Spin	All	spin studio
17:45-18:45	Total Step	Adv	Studio 2
18.00-19.00	yogalates	All	M&B
18.30-19.15	Body Blast circuit	All	Track
18:45-19:45	Adult Karate	All	Studio 1
18:45-19:30	Total dance	All	Studio 2
19:30-20:30	Body Pump	All	Studio 2

WEDNESDAY

TIME	CLASS	LEVEL	STUDIO
09.45-11.30	Holiday Zone*	All	Varied
09.45-10.45	Body Pump*	All	Studio 2
10.00-11.00	Pilates*	All	Studio 1
10.45-11.30	Body Attack*	All	Studio 2
13.00-13.45	Aqua	All	small pool
17.00-18.30	Swimming lessons	All	small pool
17.30-18.15	Spin Express	All	Spin Studio
18.00-18.30	Football Club*	Age 4-14	Studio 1
18.15-19.00	Total Workout	All	Studio 2
18.30-19.30	Body Attack*	All	Studio 1
19.00-20.00	Pilates	All	Studio 2
19.30-19.45	Abs Blast	All	Studio 1

THURSDAY

TIME	CLASS	LEVEL	STUDIO
7.30-8.00	Early Bird Spin	All	Spin
9.30-10.15	Aqua	All	Small Pool
9.45-11.30	Holiday Zone*	Age 4-14	Varied
10.15-11.00	Body Combat*	All	Studio 1
11.00-12.00	Yoga	All	Studio 1
17.30-18.15	Body Combat*	All	Studio 2
17.30-18.15	Spin	All	Spin Studio
18.30-19.30	Tai Chi Qigong	All	Studio 2
18.15-19.00	Swim fit	age 5 +	Small pool
19.15-20.15	Thai Boxing	All	Studio 2

FRIDAY

TIME	CLASS	LEVEL	STUDIO
09.30-10.00	Hyper Spin	All	Spin Studio
9.45-11.30	Holiday Zone*	All	varied
9.45-10.30	Aqua*	All	Small Pool
10.00-11.00	Triple Treat*	All	Studio 2
11.00-11.45	Total Balance	All	Studio 1
12.00-13.00	Pilates	All	Studio 1
17.15-18.15	Family Karate	Beg	Studio 1
17.30-18.15	Water Polo*	Age 4-14	Small Pool
17.30-18.15	Total Circuit*	All	Studio 2
18.15-19.15	Family Karate	Int/Adv	Studio 1

SATURDAY

TIME	CLASS	LEVEL	STUDIO
8.45-11.45	Swim Lesson	All	Small pool
10.00-10.45	Body Attack	All	Studio 2
10.30-11.30	Family Karate circuit	Age 4+	Studio 1
10.30-11.30	Yoga*	All	M&B
10.45-11.30	Body Blast	All	Studio 2
11.00-15.00	Kids Party	All	Studio/Pool
15.00-15.45	Total Circuit	All	Studio 2
15.00-15:45	Kids Splash	All	Small pool

SUNDAY

TIME	CLASS	LEVEL	STUDIO
10.00-10.30	Abs and Back	All	Studio 2
10.30-11.15	Total Tone	All	Studio 2
10.30-11.30	Kids Splash	All	Small Pool

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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 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