

# Blidworth Leisure Centre

## Class Timetable

Monday			
06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	FT	Active Cycle	1
17.30 - 18.00	FT	Active Synrgy	3
18.15 - 19.00	LS	Active Dancefit	1
18.15 - 19.00	CB	Active Pump	2
19.00 - 19.45	LS	Active Yoga	2

Tuesday			
06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	RM	Active Pump	2
18.00 - 18.45	CW	Active Kettles	2
18.45 - 19.30	CW	Active Cycle	1
19.30 - 20.00	CW	Active Abs Blast	2

Wednesday			
06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
17.30 - 18.00	RM	Active Metafit	2
18:00 - 18:30	RM	Active Suspension Training	2
18.30 - 19.15	RM	Active Cycle	1
18:30 - 19:15	LS	Active Pilates	2

Thursday			
06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.45	CW	Active Cycle	1
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
10.30 - 11.15	CW	Active Seated Exercise	1
11.30 - 12.30	CW	Active Strokeability	3
18.00 - 18.45	BW	Active Kettles	2
18.45 - 19.30	BW	Active Yoga	2

Friday			
06.30 - 20.30	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	MH	Active Kettles	2
10.15 - 11.00	KR	Active Fitness Pilates	2
17.30 - 18.15	FT	Active Circuits	3

Saturday			
08.00 - 16.00	FT	Fitness Suite open	3
08.00 - 14.30	FT	Junior Fitness*	3
09.30 - 10.15	LS	Active Yoga	2

Sunday			
08.00 - 16.00	FT	Fitness Suite open	3
08.00 - 14.30	FT	Junior Fitness*	3
09.30 - 10.15	FT	Active Circuits	3

### CUSTOMER INFORMATION

**CLEANING PROGRAMME** – All facilities and equipment cleaned regularly throughout the day.

**\*JUNIOR FITNESS – 8-15yrs.** Juniors can access the Fitness Suite outside of the Junior Fitness Times if accompanied by a responsible adult. Juniors aged 14 & 15yrs can only use the Free Weights equipment after completing the additional Free Weights Induction. Unlimited use.

**AGE/HEIGHT RESTRICTIONS** – Min age 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

### ACTIVITY LOCATION KEY:

Fitness Studio	1
Activity Studio	2
Fitness Suite	3

### INSTRUCTOR KEY:

Carrie Birkin	CB	Lynn Stevenson	LS
Michelle Harding	MH	Fitness Team	FT
Ronnie Major	RM	Chris Wood	CW
Kelia Rowlands	KR	Becky Womble	BW

Timetable Version: 15<sup>th</sup> April 2024