

Southwell Class Timetable

Monday				
06.30 - 21.00	FT	Fitness Suite open		1
06.30 - 18.00	FT	Junior Fitness*		1
07.00 - 07.30	FT	Active HIITs		1
09.00 - 09.30	FT	C30 - Small Group Workout		1
09.00 - 10.00	EE	Active Pilates		2
10.15 - 11.00	CY	Active Drum Fun		2
11.15 - 12.00	CY	Active Box Fun		6
11.30 - 12.15	RS	Active Pilates		2
18.00 - 18.45	TD	Active Cycle		3
19.30 - 20.15	RS	Active Pilates		3

Tuesday				
06.30 - 21.00	FT	Fitness Suite open		1
06.30 - 18.00	FT	Junior Fitness*		1
07.00 - 07.30	FT	Active HIITs		1
09.00 - 09.30	FT	Active HIITs		1
09.30 - 10.15	RS	Active Lower Body Tone		6
10.30 - 11.15	RS	Active Pilates		6
11.30 - 12.15	FC	Seated Exercise		3
11.30 - 12.15	KH	Active Dancefit		6
18.00 - 18.45	KH	Active Zumba		2
18.30 - 19.15	CB	Active Cycle		3
19.15 - 20.00	CB	Active Pump		6

Wednesday				
06.30 - 21.00	FT	Fitness Suite open		1
06.30 - 18.00	FT	Junior Fitness*		1
07.00 - 07.30	FT	Active HIITs		1
09.00 - 09.30	FT	Active HIITs		1
09.00 - 10.00	SA	Active Hatha Yoga Improver		2
09.30 - 10.15	CB	Strength & Tone		6
10.30 - 11.30	SA	Active Hatha Yoga Beginner		2
18.00 - 18.45	TD	Active Cycle		3
19.00 - 19.45	TD	Active Body Conditioning		1
19.15 - 20.00	LK	Active Yoga		3

Thursday				
06.30 - 21.00	FT	Fitness Suite Open		1
06.30 - 18.00	FT	Junior Fitness*		1
07.00 - 07.30	FT	Active HIITs		1
09.00 - 09.30	FT	Active HIITs		1
10.00 - 10.45	RS	Active Body Conditioning		2
11.00 - 11.45	RS	Active Pilates		6
10.00 - 12.00		Social Badminton		2
11.30 - 12.15	LS	Seated Exercise/Otago		3
18.00 - 18.45	KH	Active Zumba		2
18.00 - 18.45	FC	Active Cycle		3
19.15 - 20.15	EE	Active Pilates		3

Friday				
06.30 - 21.00	FT	Fitness Suite open		1
06.30 - 18.00	FT	Junior Fitness*		1
07.00 - 07.30	CY	Active HIITs		1
09.00 - 09.30	CY	C30 - Small Group Workout		1
09.00 - 10.00	KF	Active Fitness Pilates		2
10.15 - 11.00	CY	Active Drum Fun		2
11.15 - 12.00	CY	Active Core Fusion		2

Saturday				
07.30 - 17.30	FT	Fitness Suite open		1
09.00 - 14.30	FT	Junior Fitness*		1
08.30 - 09.00	FT	Active HIITs		1
09.00 - 09.45	KH	Active Cycle		3
10.00 - 10.45	KH	Active Zumba		6

Sunday				
07.30 - 17.30	FT	Fitness Suite open		1
09.00 - 14.30	FT	Junior Fitness*		1
09.00 - 09.45	FT	Active Cycle		3
10.15 - 10.45	FT	Active HIITs		1

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

CLEANING PROGRAMME – All facilities and equipment cleaned throughout the day

***JUNIOR FITNESS** – 13yrs and above. Juniors can access the Fitness Suite outside of 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 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

ACTIVITY LOCATION KEY:

Fitness Suite	1	Sports Hall	2
Cycle Studio	3	Swimming Pool	4
Free Weights Room	5	Squash Court	6

INSTRUCTOR KEY:

Sally Alvey	SA	Rachel Stafford	RS
Carrie Birkin	CB	Lyndsey King	LK
Fran Chanderbhan	FC	Lee Stevenson	LeS
Tom Doudie	TD	Lynn Stevenson	LS
Eve Edwards	EE	Fitness Team	FT
Kathryn Flinn	KF	Chris Yeomans	CY
Karen Hutchins	KH		

Timetable version: 15th April 2024