

MONDAY		
06.40 - 07.20	Active SYNRGY 360	2
09.15 - 10.00	Active Pilates	1
10.00 - 10.45	Active Pilates	1
11.30 - 12.30	Active Six O Fit	2
12.15 - 13.00	Active Aquatic Cycle	4
17.30 - 18.00	Active SYNRGY 360	2
17.45 - 18.30	Active Cycle	1
18.35 - 19.15	Active Hydrolates	6
18.45 - 19.30	Active Cycle	3
18.45 - 19.30	Active Kick Box	1
19.15 - 20.00	Active Aquatic Cycle	4
19.45 - 20.30	Active Fitness Pilates	1
20.15 - 21.00	Active Aqua	4

TUESDAY		
06.45 - 07.30	Active Cycle	3
09.30 - 10.15	Active Cycle	1
09.30 - 11.00	Active 50 +	5
10.30 - 11.15	Active Pump & Tone	1
12.15 - 13.00	Active Hydropole	4
12.30 - 13.00	Active SYNRGY 360	2
16.00 - 16.30	Active SYNRGY 360	2
17.45 - 18.30	Active Pilates	1
17.45 - 18.30	Active Cycle	3
18.45 - 19.30	Active Cycle	3
18.45 - 19.30	Active Meta-Fit	1
19.15 - 20.00	Active Hydropole	4
19.45 - 20.30	Active Kettles	1
20.15 - 21.00	Active Hydrofighter	4

WEDNESDAY		
06.40 - 07.10	Active SYNRGY 360	2
08.30 - 09.15	Active Aquatic Cycle	4
09.30 - 11.30	Active Heartfit	2
11.15 - 12.15	Active Yoga	1
12.15 - 13.15	Active Meditation	1
12.30 - 13.00	Active SYNRGY 360	2
14.00 - 14.45	Active Pilates	1
15.10 - 15.55	Active Aqua	4
17.30 - 18.00	Active SYNRGY 360	2
17.45 - 18.30	Active Zumba	1
18.30 - 19.00	Active SYNRGY 360	2
18.45 - 19.30	Active Cycle	3
18.45 - 19.30	Active Aero Tone	1
19.45 - 20.30	Active Pump & Tone	1

THURSDAY		
09.30 - 10.15	Active Cycle	1
09.30 - 11.00	Active 50 +	5
10.30 - 11.30	Active Yoga	1
12.00 - 13.00	Strokeability	1
12.15 - 13.00	Active Hydrofighter	4
12.30 - 13.00	Active SYNRGY 360	2
17.30 - 18.00	Active SYNRGY 360	2
17.45 - 18.30	Active Cycle	1
18.30 - 19.00	Active SYNRGY 360	2
18.45 - 19.30	Active Cycle	3
18.45 - 19.30	Active Legs, Bums & Tums	1
19.45 - 20.30	Active Yoga	1
20.45 - 21.30	Active Pilates	1

FRIDAY		
06.40 - 07.10	Active SYNRGY 360	2
09.15 - 10.15	Active Pilates	1
11.30 - 12.30	Active Six O Fit	2
17.30 - 18.00	Active SYNRGY 360	2
18.15 - 19.00	Active Cycle	1
19.15-20.00	Active Cycle	1

SATURDAY		
08.30 - 09.15	Active Cycle	1
12.30 - 13.00	Active SYNRGY 360	2
17.30 - 18.00	Active SYNRGY 360	2

SUNDAY		
08.30 - 09.15	Active Cycle	1
12.30 - 13.00	Active SYNRGY 360	2
17.30 - 18.00	Active SYNRGY 360	2

CUSTOMER INFORMATION

To avoid cancellation of classes other instructors may be used without prior notice. You are required to cancel bookings by 10am by telephone or online for all those activities taking place that day from 10am onwards. If you cancel a class or activity giving the appropriate notice, there will be no charge. Please feel free to speak to an instructor if you have any medical issues that may affect you participating in the class. Classes are 14 years and above, under 16's must be accompanied by a responsible adult

OPENING HOURS

06.30 - 22.00 Monday - Friday
 08.00 - 19.00 Saturday & Sunday
Closed Bank Holidays

Junior Gym times

Monday - Friday - 15:30 - 17:30
 Saturday & Sunday - 11:30 - 13:00

NEWARK SPORTS AND FITNESS CENTRE

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 Newark
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1	Activity Studio	2	Fitness Studio	3	Virtual Area
4	Main Pool	5	Sports Hall	6	Teaching Pool