

# Newark Sports and Fitness Centre

# 1st February 2018

## MONDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.15 - 10.00	JH	Active Pilates	1
10.00 - 10.45	JH	Active Pilates	1
10.00 - 11.00	V	Active Virtual Cycle	3
11.00 - 12.00	V	Active Virtual Pump	3
11.30 - 12.30	SB	Active 50+	2
12.15 - 13.00	MA	Active Aquatic Cycle	4
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	ER	Active Cycle	1
18.35 - 19.15	DC	Active Hydrolates	6
18.45 - 19.30	ER	Active Cycle	3
18.40 - 19.40	DA	Active Kick Box	1
19.45 - 20.30	RW	Active Metafit	1
19.15 - 20.00	DC	Active Aquatic Cycle	4
20.15 - 21.00	DC	Active Aqua	4

## TUESDAY

06.45 - 07.30	KW	Active Cycle	3
09.30 - 10.15	FG	Active Cycle	1
09.30 - 10.30	FT	Active 50+ (Term time only)	5
10.30 - 11.15	DC	Active Pump	1
11.30 - 12.30	BG	Active Yoga	1
12.15 - 13.00	EK	Active Hydropole	4
12.30 - 13.00	FT	Active SYNRGY 360	2
13.00 - 13.45	ER	Active Seated Exercise	1
13.15 - 14.15	FT	Active Disability Boccia	5
14.30 - 15.30	FT	Active Walking Football	5
16.00 - 16.30	FT	Active SYNRGY 360	2
17.45 - 18.30	JH	Active Pilates	1
17.45 - 18.30	KW	Active Cycle	3
18.45 - 19.30	EM	Active Cycle	3
18.45 - 19.30	ML	Active Metafit	1
19.15 - 20.00	DC	Active Hydropole	4
19.45 - 20.30	MA	Active Kettles	1
20.15 - 21.00	DC	Active Hydrofighter	4

## WEDNESDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
08.30 - 09.15	MA	Active Aquatic Cycle	4
09.30 - 11.30	MA	Active Heart Fit	2
10.00 - 11.00	V	Active Virtual Pump	3
11.15 - 12.15	BW	Active Yoga	1
12.15 - 13.00	BW	Active Meditation	1
12.30 - 13.00	FT	Active SYNRGY 360	2
14.00 - 14.45	JH	Active Pilates	1
15.10 - 15.55	DC	Active Aqua	4
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	EK	Active Zumba	1
18.30 - 19.00	FT	Active SYNRGY 360	2
18.30 - 19.15	ER	Active Cycle	3
18.45 - 19.30	DC	Active Aero Tone	1
19.45 - 20.30	DC	Active Pump	1

## THURSDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.00 - 10.15	TF	Change Your "Weigh"	1
09.30 - 10.30	FG	Active Cycle	3
11.00 - 12.00	V	Active Virtual Cycle	3
10.30 - 11.30	ES	Active Yoga	1
10.30 - 11.00	FT	Active SYNRGY 360	2
12.00 - 13.00	FT	Strokeability	1
12.15 - 13.00	EK	Active Hydrofighter	4
12.30 - 13.00	FT	Active SYNRGY 360	2
17.15 - 18.30	TF	Change Your "Weigh"	1
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.45	FG	Active Cycle	3
18.30 - 19.00	FT	Active SYNRGY 360	2
18.45 - 19.30	MA	Active Legs, Bums & Tums	1
19.45 - 20.30	MA	Active Yoga	1
20.45 - 21.30	MA	Active Pilates	1

### OPENING HOURS (Closed Bank Holidays)

06.30 - 22.00 Monday - Friday  
08.00 - 19.00 Saturday & Sunday

### JUNIOR GYM TIMES

Monday - Friday - 15.30 - 17.30  
Saturday & Sunday - 11.30 - 13.00

### CRECHE

Tue-Thurs 9.30-10.30 & 10.30-11.30

## FRIDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.15 - 10.15	EE	Active Pilates	1
10.00 - 11.00	V	Active Virtual Cycle	3
11.30 - 12.30	SB	Active 50+	2
13.30 - 14.30	FT	Active Disability Badminton	5
17.30 - 18.00	FT	Active SYNRGY 360	2
17.30 - 18:30	V	Active Virtual Cycle	3
18.15 - 19.00	DA	Active Cycle	1
19.15 - 20.00	DA	Active Cycle	1

## SATURDAY

08.30 - 09.15	ML	Active Cycle	1
09.30 - 10.15	ML	Active Metafit	2
10.00 - 11.00	V	Active Virtual Cycle	3
11.00 - 12.00	V	Active Virtual Cycle	3
12.30 - 13.00	FT	Active SYNRGY 360	2
17.30 - 18.00	FT	Active SYNRGY 360	2

## SUNDAY

08.30 - 09.15	JD	Active Cycle	1
12.30 - 13.00	FT	Active SYNRGY 360	2
16.00 - 17.00	V	Active Virtual Cycle	3
17.30 - 18.00	FT	Active SYNRGY 360	2

Michael Anderson	MA	Eva Katai	EK
Doyle Armstrong	DA	Mark Layfield	ML
Sharon Bilton	SB	Eloise Mcquaid	EM
Debra Christian	DC	Ella Revill	ER
Eve Edwards	EE	Virtual	V
Fitness Team	FT	Robson Worthington	RW
Jo Harrison	JH	Kieran Wiffin	KW
Felicity Garland	FG	Becky Womble	BW
Eleanor Stardust	ES	Jodie Dobb	JD
Tracy Ferguson	TF		

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