

| 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 | <b>NEW!</b> Active Pilates | 1 |
| 15.15 - 16.00 | 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 |
| 18.45 - 19.30 | 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 - 22.30 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**

Bowbridge Road  
 Newark  
 Nottinghamshire  
 NG24 4DH  
 Tel : 01636 655780  
 Email : enquiries@active4today.co.uk

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