

MONDAY			
07.00 - 07.20	BW	Active SYNRGY 360	3
09.00 - 09.20	BW	Active SYNRGY SHAPE	3
09.30 - 10.15	BW	Active Cycle	3
13.00 - 13.20	BW	Active SYNRGY 360	3
17.30 - 18.00	RM	Active SYNRGY 360	3
17.45 - 18.45	PD	Active Jiu-Jitsu	2
18.15 - 19.00	BW	Active Cycle	1
19.00 - 19.45	GP	Active Pump	2
19.00 - 19.45	BW	Active SYNRGY 360	3
19.45 - 20.45	BW	Active Yoga-Meditation	1
19.45 - 20.45	GP	Active Combat	2

TUESDAY			
07.00 - 07.20	AO	Active SYNRGY 360	3
09.00 - 09.20	AO	Active SYNRGY 360	3
09.30 - 10.15	GP	Active Pump	2
10.15 - 11.00	GP	Active Balance	2
13.00 - 13.20	AO	Active SYNRGY 360	3
17.30 - 18.15	CF	Active Kettle	1
18.00 - 18.45	DB	Active Body Conditioning	2
18.15 - 19.00	CW	Active Cycle	1
18.45 - 19.30	DT	Active Yoga	1
19.00 - 19.30	CW	Active Abs	3
19.30 - 20.15	CW	Active Suspension Training	2

WEDNESDAY			
07.00 - 07.20	CW	Active SYNRGY 360	3
09.00 - 09.20	CW	Active SYNRGY 360	3
09.30 - 10.00	CW	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
13.00 - 13.20	CW	Active SYNRGY 360	3
17.30 - 18.15	KS	Active Body Conditioning	3
18.15 - 19.00	RM	Active Cycle	1
18.15 - 19.00	KS	Active Pilates	2
19.00 - 19.45	RM	Active Circuits	1
19.00 - 19.45	PD	Active Jiu-Jitsu	2

THURSDAY			
07:00 - 07:30	CW	Active Cycle	1
07:30 - 07:45	CW	Active SYNRGY Abs	2
09.00 - 09:30	CW	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
10.30 - 11.15	CW	Active Seated Exercise	1
11:00 - 13:00	CW	Active Strokeability	3
17.30 - 18.15	BW	Active SYNRGY BOX AND BURN	3
18.15 - 19.00	BW	Active Yoga	1
18.15 - 19.15	GP	Active Combat	2
19.15 - 20.00	GP	Active Fitsteps	2
19.30 - 20.00	GB	Active Tai Chi	1

FRIDAY			
07.00 - 07.20	RM	Active SYNRGY 360	3
09.00 - 09.20	RM	Active SYNRGY 360	3
09.30 - 10.00	RM	Active SYNRGY 360	3
09.30 - 10.15	GP	Active Fitsteps	2
10.15 - 11.15	GP	Active Balance	2
13.00 - 13.20	RM	Active SYNRGY 360	3
17.30 - 18.00	AO	Active SYNRGY 360	3
18.00 - 18.45	AO	Active Circuits	2&3

SATURDAY			
09.00 - 09.45	CF	Active Kettles	2
09.45 - 10.30	BW	Active Cycle	1
10.30 - 11.30	BW	Active Yoga-Meditation	2

SUNDAY			
09.30 - 10.15	RM	Active SYNRGY 360	3
10.15 - 11.00	AMG	Active Salsa	1

1	Fitness Studio	2	Activity Studio	3	Fitness Suite
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Graham Ball	GB	Gail Pope	GP
Paul Davies	PD	Dawn Taylor	DT
Carl Fairbrother	CF	Kathy Smith	KS
Ana Maria Garcia	AMG	Fitness Team	FT
Michelle Harding	MH	Becky Womble	BW
Ronnie Major	RM	Chris Wood	CW
Adam Overland	AO	Danny Brewer	DB

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 - 21.30 Monday - Thursday
 06.30 - 20.30 Friday
 08.00 - 18.00 Saturday & Sunday
Closed Bank Holidays

Junior Gym times
 Monday - Friday 15:30 - 17:30
 Saturday & Sunday - 10.00 - 15:00

BLIDWORTH LEISURE CENTRE

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