

| MONDAY | | | |
|---------------|----|--------------------------|---|
| 07.00 - 07.20 | FT | Active SYNRGY 360 | 4 |
| 09.30 - 10.15 | JS | Active Box n Burn | 1 |
| 09.30 - 10.30 | KS | Active 50 | 1 |
| 11.00 - 11.45 | KW | Active Dance Fit | 1 |
| 12.00 - 12.45 | RS | Active Pilates | 3 |
| 14.45 - 15.30 | JS | Active Seated Exercise | 1 |
| 17.30 - 18.15 | JS | Active Cycle | 1 |
| 17.30 - 18.15 | KW | Active Dance Fit | 3 |
| 18.00 - 18.30 | JE | Active SYNRGY 360 | 4 |
| 18.00 - 19.00 | LS | Active Yoga | 1 |
| 18.15 - 19.00 | KW | Active Fitness Pilates | 3 |
| 19.00 - 19.45 | KW | Active Body Conditioning | 3 |
| 19.00 - 19.45 | JE | Active SYNRGY 360 | 4 |

| TUESDAY | | | |
|---------------|----|--------------------------|---|
| 07.00 - 07.20 | JE | Active SYNRGY 360 | 4 |
| 09.30 - 10.00 | JE | Active SYNRGY 360 | 4 |
| 09.30 - 10.00 | KW | Active Cycle | 2 |
| 10.00 - 10.30 | KW | Active Body Conditioning | 1 |
| 13.00 - 13.20 | JE | Active SYNRGY 360 | 4 |
| 17.30 - 18.15 | KS | Active Pump | 1 |
| 18.00 - 18.30 | AH | Active SYNRGY 360 | 4 |
| 18.15 - 19.00 | TD | Active Body Conditioning | 1 |
| 19.00 - 21.00 | GM | No Strings Badminton | 3 |
| 19.15 - 20.00 | TD | Active Cycle | 2 |

| WEDNESDAY | | | |
|---------------|----|-------------------|-----|
| 07:00 - 07:20 | AO | Active SYNRGY 360 | 4 |
| 09.30 - 10.30 | JS | Active Body Tone | 1 |
| 09.30 - 10.30 | KS | Active 50 | 3 |
| 11.30 - 13.00 | JS | Active Heart Fit | 1&4 |
| 17.30 - 18.15 | JS | Active Kettles | 1 |
| 18.00 - 18.30 | JE | Active SYNRGY 360 | 4 |
| 18.30 - 19.15 | JF | Active Cycle | 2 |
| 18.15 - 19.00 | RS | Active Pilates | 1 |
| 19.00 - 19.30 | JE | Active SYNRGY 360 | 4 |
| 19.15 - 20.00 | RS | Active Drum fun | 1 |
| 19.15 - 20.15 | GB | Active Tai Chi | 5 |

| THURSDAY | | | |
|---------------|----|-------------------|-----|
| 07.00 - 07.20 | JE | Active SYNRGY 360 | 4 |
| 09.30 - 10.15 | JE | Active SYNRGY 360 | 4 |
| 13.00 - 13.20 | JE | Active SYNRGY 360 | 4 |
| 17.30 - 18.15 | JS | Active Cycle | 1 |
| 18.15 - 18.45 | AO | Active SYNRGY 360 | 4 |
| 18.15 - 19.00 | LS | Active Yoga | 1 |
| 19.00 - 19.45 | RS | Active Fitball | 1&4 |

| FRIDAY | | | |
|---------------|----|-------------------|-----|
| 07.00 - 07.20 | JE | Active SYNRGY 360 | 4 |
| 09.30 - 10.00 | JE | Active SYNRGY 360 | 4 |
| 09.30 - 10.30 | KS | Active 50 | 3 |
| 13.00 - 13.20 | AK | Active SYNRGY 360 | 4 |
| 17.30 - 18.00 | TD | Active Cycle | 2 |
| 18.00 - 18.45 | TD | Active Circuits | 1&4 |

| SATURDAY | | | |
|---------------|----|--------------------------|---|
| 09.00 - 09.45 | KW | Active Cycle | 2 |
| 09.45 - 10.30 | KW | Active Body Conditioning | 3 |
| 10.30 - 11.30 | FT | Active SYNRGY 360 | 4 |

| SUNDAY | | | |
|---------------|-----|-------------------|---|
| 09.00 - 09.45 | DB | Active Cycle | 2 |
| 09.45 - 10.00 | DB | Active Abs | 4 |
| 10.15 - 11.00 | LSH | Active Hydrolates | 6 |

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|---|---------------|---|---------------|---|-------------|
| 1 | Studio 1 | 2 | Studio 2 | 3 | Sports Hall |
| 4 | Fitness Suite | 5 | Activity Area | 6 | Pool |

| | | | |
|----------------|----|-----------------|-----|
| Danny Brewer | DB | Jo Sage | JS |
| Graham Ball | GB | Kathy Smith | KS |
| Tom Doudie | TD | Lynn Stephenson | LS |
| James Fletcher | JF | Luke Shepherd | LSH |
| Amy Hathaway | AH | Rachel Stafford | RS |
| James Ellard | JE | Fitness Team | FT |
| Adam Overland | AO | Katie Watson | KW |

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 - Thursday

06.30 - 21.15 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

Dukeries Leisure Centre

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