

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	1
13.00 - 13.20	BW	Active SYNRGY 360	3
17.30 - 18.00	RM	Active SYNRGY 360	3
18.15 - 19.00	BW	Active Cycle	1
19.00 - 19.45	GP	Active Pump	2
19.00 - 19.45	BW	Active SYNRGY 360	1&3
19.45 - 20.45	BW	Active Yoga-Meditation	1
19.45 - 20.45	GP	Active Fitsteps	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	2
19.00 - 19.30	CW	Active SYNRGY Abs	3
19.30 - 20.15	CW	Active SYNRGY Suspension	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	2
18.15 - 19.00	RM	Active Cycle	1
18.15 - 19.00	KS	Active Pilates	2
19.00 - 19.45	RM	Active SYNRGY 360	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	Strokeability	3
17.30 - 18.15	BW	Active BOX AND BURN	2
18.15 - 19.00	BW	Active Yoga	2
19.15 - 20.00	BW	Active Fitball Fusion	2
18.30 - 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 Kettle	2
09.45 - 10.30	BW	Active Cycle	1
10.30 - 11.30	BW	Active Yoga-Meditation	2

SUNDAY

09.00 - 10.30	PD	Active Jiu-Jitsu	2
09.30 - 10.15	FT	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

Belle Vue Lane
 Blidworth
 NG21 0RD
 Tel : 01623 466266
 Email : enquiries@active4today.co.uk