

Blidworth Leisure Centre

2nd October 2017

MONDAY

07.00 - 07.30	BW	Active SYNRYG 360	3
09.00 - 09.30	BW	Active SYNRYG SHAPE	3
09.30 - 10.15	BW	Active Cycle	1
13.00 - 13.30	BW	Active SYNRYG 360	3
17.30 - 18.00	RM	Active Metafit	3
18.15 - 19.00	BW	Active Cycle	1
19.00 - 19.45	GP	Active Pump	2
19.00 - 19.45	BW	Active Beat It Out	1
19.45 - 20.45	BW	Active Yoga	1
19.45 - 20.45	GP	Active Fitsteps	2

TUESDAY

07.00 - 07.30	AO	Active SYNRYG 360	3
09.00 - 09.30	AO	Active SYNRYG 360	3
09.30 - 10.15	GP	Active Pump	2
10.15 - 11.00	GP	Active Balance	2
13.00 - 13.30	AO	Active SYNRYG 360	3
17.30 - 18.15	AK	Active Kettles	2
18.15 - 19.00	CW	Active Cycle	1
19.00 - 19.30	CW	Active Boot Camp	1
19.30 - 20.15	CW	Active Suspension	2

WEDNESDAY

07.00 - 07.30	CW	Active SYNRYG 360	3
09.00 - 09.30	CW	Active SYNRYG 360	3
09.30 - 10.00	CW	Active SYNRYG 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
13.00 - 13.30	CW	Active SYNRYG 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 - 19.30	RM	Active Metafit	1

THURSDAY

07.00 - 07.30	CW	Active Cycle (Beginner)	1
09.00 - 09.30	CW	Active SYNRYG 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
10.30 - 11.15	CW	Active Seated Exercise	1
11.30 - 12.30	CW	Strokeability	3
17.30 - 18.15	BW	Active Box n Burn	2
18.15 - 19.15	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 - 07.30	RM	Active SYNRYG 360	3
09.00 - 09.30	RM	Active SYNRYG 360	3
09.30 - 10.00	RM	Active SYNRYG 360	3
09.30 - 10.30	GP	Active Fitsteps	2
10.30 - 11.30	GP	Active Balance	2
13.00 - 13.30	RM	Active SYNRYG 360	3
17.30 - 18.00	AO	Active SYNRYG 360	3
18.00 - 18.45	AO	Active Circuits	2&3

SATURDAY

09.00 - 09.45	SC	Active Kettles	2
09.45 - 10.30	BW	Active Cycle	1
10.30 - 11.30	BW	Active Yoga	2

SUNDAY

09.30 - 10.00	FT	Active SYNRYG 360	3
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Graham Ball GB Adam Overland AO

Danny Brewer	DB	Gail Pope	GP
Paul Davies	PD	Kathy Smith	KS
Aidan Kehoe	AK	Dawn Taylor	DT
Fitness Team	FT	Becky Womble	BW
Michelle Harding	MH	Chris Wood	CW
Ronnie Major	RM	Shaun Costello	SC

1	Fitness Studio	2	Activity Studio	3	Fitness Suite
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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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