

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+	3
11.00 - 11.45	KW	Active Dance Fit	1
12.00 - 12.45	RS	Active Pilates	1
14:45 - 15:30	JS	Active Seated Exercise	1
17.30 - 18.15	JS	Active Cycle	2
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	3
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 Conditioning	1
09.30 - 10.30	KS	Active 50+	3
11.30 - 13.00	JS	Active Heart Fit	1
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	2

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	2
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	LS	Active 50+	3
10.45 - 11.45	LS	Active Yoga	1
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 Aqua	6

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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