

# Dukeries Leisure Centre

2nd October 2017

## MONDAY

07.00 - 07.30	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
13.00 - 14.00	AO	Active Strokeability	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	5
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	5
19.00 - 19.45	KW	Active Body Conditioning	1
19.00 - 19.30	JE	Active SYNRGY 360	4

## TUESDAY

07.00 - 07.30	JE	Active SYNRGY 360	4
09.30 - 10.00	JE	Active SYNRGY 360	4
09.30 - 10.00	KW	Active Cycle (Beginner)	2
10.00 - 10.30	KW	Active Body Conditioning	1
10.30 - 12.00	JE	Active Heart Fit	1
13.00 - 13.30	JE	Active SYNRGY 360	4
17.30 - 18.00	FT	Active SYNRGY 360	4
18.15 - 19.00	TD	Active Body Conditioning	1
19.30 - 21.00	GM	No Strings Badminton	3
19.15 - 20.00	TD	Active Cycle	2

## WEDNESDAY

07.00 - 07.30	AO	Active SYNRGY 360	4
09.30 - 10.15	JS	Active Body Conditioning	1
09.30 - 10.30	KS	Active 50+	3
17.30 - 18.15	JS	Active Kettles	1
18.00 - 18.30	JE	Active SYNRGY 360	4
18.30 - 19.15	AO	Active Cycle	2
18.15 - 19.00	RS	Active Pilates	1
19.15 - 20.00	RS	Active Drum fun	1
19.15 - 20.15	GB	Active Tai Chi	2

## THURSDAY

07.00 - 07.30	JE	Active SYNRGY 360	4
13.00 - 13.30	JE	Active SYNRGY 360	4
17.30 - 18.00	JS	Active Cycle (Beginner)	2
18.00 - 18.30	JS	Active Metafit	3
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

## FRIDAY

07.00 - 07.30	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 - 13.30	JE	Active SYNRGY 360	4
17.30 - 18.15	TD	Active Cycle	2
18.15 - 19.00	TD	Active Circuits	1

## SATURDAY

09.00 - 09.45	KW	Active Cycle	2
09.45 - 10.15	KW	Active Body Conditioning	1
10.30 - 11.00	FT	Active SYNRGY 360	4

## SUNDAY

09.00 - 10.00	DB	Active Cycle And Abs	2
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Graham Ball	GB	Kathy Smith	KS
Danny Brewer	DB	Rachel Stafford	RS
Tom Doudie	TD	Lynn Stephenson	LS
James Ellard	JE	Fitness Team	FT
Adam Overland	AO	Katie Watson	KW
Jo Sage	JS		

1	Fitness Studio	2	Cycle Studio	3	Sports Hall
4	Fitness Suite	5	Squash Court		

**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  
Main Road  
Boughton  
Newark  
NG22 9JJ  
E-mail: [enquiries@active4today.co.uk](mailto:enquiries@active4today.co.uk)