

# Blidworth Leisure Centre

## Class Timetable

### Monday

06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
09.00 - 09.45	FT	Active Circuits	2
17.30 - 18.00	FT	Active Synrgy	3
17.30 - 18.15	LS	Active Drum Fun	1
18.00 - 18.45	LW	Active Pilates	2
18.15 - 19.00	LS	Active Dancefit	1
19.00 - 19.45	LS	Active Yoga	2

### Tuesday

06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	RM	Active Pump	2
10.30 - 11.15	LW	Active Pilates	2
18.00 - 18.45	CW	Active Kettles	2
18.45 - 19.30	CW	Active Cycle	1
19.30 - 20.00	CW	Active Abs Blast	2

### Wednesday

06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
10.30 - 11.15	LW	Active Pilates	2
17.45 - 18.30	RM	Active Suspension Training	2
18.30 - 19.15	RM	Active Cycle	1
18:30 - 19.15	LW	Active Pilates	2

### Thursday

06.30 - 21.00	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.45	CW	Active Cycle	1
09.00 - 09.30	FT	Active Synrgy 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	Active Strokeability	3
18.00 - 18.45	BW	Active Kettles	2
18.15 - 18.45	FT	Free Weights Fundamentals (ladies)	3
18.45 - 19.30	BW	Active Yoga	2

### Friday

06.30 - 20.30	FT	Fitness Suite open	3
06.30 - 18.00	FT	Junior Fitness*	3
07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	MH	Active Kettles	2
10.15 - 11.00	KR	Active Fitness Pilates	2
16.30 - 17.00	FT	Xp Synrgy (11-15yrs)	3
17.30 - 18.15	FT	Active Circuits	3

### Saturday

08.00 - 16.00	FT	Fitness Suite open	3
08.00 - 14.30	FT	Junior Fitness*	3
09.00 - 09.45	LS	Active Dancefit	1
09.45 - 10.30	LS	Active Yoga	2

### Sunday

08.00 - 16.00	FT	Fitness Suite open	3
08.00 - 14.30	FT	Junior Fitness*	3
09.30 - 10.15	FT	Active Circuits	3
10.30 - 11.00	FT	Free Weights Fundamentals	3

### CUSTOMER INFORMATION

**CLEANING PROGRAMME** – All facilities and equipment cleaned regularly throughout the day.

**\*JUNIOR FITNESS – 8-15yrs.** Juniors can access the Fitness Suite outside of the Junior Fitness Times if accompanied by a responsible adult. Juniors aged 14 & 15yrs can only use the Free Weights equipment after completing the additional Free Weights Induction. Unlimited use. Xp Synrgy 11-15 yrs – from school Year 7

**AGE/HEIGHT RESTRICTIONS** – Min age 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

Free Weights Fundamentals – ages 16yrs+ or having passed 3-part Free Weights Induction

(L) Motivational lighting may be used in this class

**\*\*WE ARE CLOSED ON BANK HOLIDAYS\*\***

### ACTIVITY LOCATION KEY:

Fitness Studio	1
Activity Studio	2
Fitness Suite	3

### INSTRUCTOR KEY:

Michelle Harding	MH	Fitness Team	FT
Ronnie Major	RM	Laura West	LW
Kelia Rowlands	KR	Chris Wood	CW
Lynn Stevenson	LS	Becky Womble	BW

Timetable Version: 13<sup>th</sup> April 2026