

Blidworth Leisure Centre

Class Timetable

Monday					Wednesday					Friday				
06.30 - 21.00	FT	Fitness Suite open*	3	06.30 - 21.00	FT	Fitness Suite open*	3	06.30 - 20.00	FT	Fitness Suite open*	3			
06:30 - 17:30	FT	Junior Fitness	3	06:30 - 17:30	FT	Junior Fitness	3	06:30 - 17:30	FT	Junior Fitness	3			
07:00 - 07:30	FT	Active Synrgy 360	3	07:00 - 07:30	FT	Active Synrgy 360	3	07:00 - 07:30	RM	Active Metafit	2			
09:00 - 09:30	FT	Active Synrgy 360	3	09:00 - 09:30	FT	Active Synrgy 360	3	09:00 - 09:30	FT	Active Synrgy 360	3			
09:30 - 10:15	DB	Active Body Conditioning	2	09:30 - 10:15	MH	Active Body Conditioning	2	09:30 - 10:15	MH	Active Kettles	2			
17:30 - 18:00	RM	Active Metafit	2	17:30 - 18:00	RM	Active Metafit	2	10:30 - 11:15	MH	Active PiYo	2			
18:15 - 19:00	LS	Active Dancefit	2	18:00 - 18:30	RM	Active Suspension	2	17:30 - 18:15	FT	Active Circuits	2			
19:15 - 20:00	LS	Active Yoga	2	18:45 - 19:30	RM	Active Cycle	2							
Tuesday					Thursday					Saturday				
06.30 - 21.00	FT	Fitness Suite open*	3	06.30 - 21.00	FT	Fitness Suite open*	3	08.00 - 17.30	FT	Fitness Suite open*	3			
06:30 - 17:30	FT	Junior Fitness	3	06:30 - 17:30	FT	Junior Fitness	3	08:00 - 14:30	FT	Junior Fitness	3			
07:00 - 07:30	FT	Active Synrgy 360	3	07:00 - 07:45	CW	Active Cycle	2	09:00 - 09:45	BW	Active Kettles	2			
09:00 - 09:30	FT	Active Synrgy 360	3	09:00 - 09:30	FT	Active Synrgy 360	3	10:00 - 11:00	BW	Active Yoga	2			
09:30 - 10:15	HC	Active Pump	2	09:30 - 10:15	MH	Active Body Conditioning	2							
10:30 - 11:15	HC	Active Pilates	2	10:30 - 11:15	CW	Active Seated Exercise	2							
18:15 - 19:00	CW	Active Kettles	2	11:30 - 12:30	CW	Strokeability	3							
19:15 - 20:00	CW	Active Abs Blast	2	17:30 - 18:15	HC	Body Conditioning	2							
				18:30 - 19:15	HC	Active Club Classics	2							
Sunday														
								08.00 - 17.30	FT	Fitness Suite open*	3			
								08:00 - 14:30	FT	Junior Fitness	3			
								09:30 - 10:15	FT	Active Bootcamp	2			

CUSTOMER INFORMATION

*Fitness Suite cleaning times:

Mon – Fri 08:45-09:00 / 11:45-12:00 / 14:45-15:00 / 17:45-18:00

Sat & Sun 10:45-11:00 / 13:45-14:00

During these times you won't be asked to leave but please allow staff to access the fitness equipment in order to clean the area.

INSTRUCTOR KEY:

Danny Brewer	DB	Lynn Stevenson	LS
Hayley Clarke	HC	Fitness Team	FT
Michelle Harding	MH	Chris Wood	CW
Ronnie Major	RM	Becky Womble	BW

ACTIVITY LOCATION KEY:

Cardio Studio	1
Activity Studio	2
Fitness Suite	3