

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
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
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		3
		Fundamentals (ladies)		
18.45 - 19.30	BW	Active Yoga		2
19.30 - 20.15	BW	Active Aerial 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
11.00 - 11.30	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: 6th October 2025