

Dukeries Leisure Centre

Class Timetable

Monday

06.30 - 21.00	FT	Fitness Suite open*	1
06.30 - 17.30	FT	Junior Fitness	1
09.30 - 10.15	KW	Active Dancefit	2
10.30 - 11.15	RS	Active Pilates	2
13.00 - 13.30	FT	Active HIITs	1
17.45 - 18.30	AO	Active Cycle	3
18.45 - 19.30	KW	Active Body Conditioning	2
19.45 - 20.30	KW	Active Fitness Pilates	2

Tuesday

06.30 - 21.00	FT	Fitness Suite open*	1
06.30 - 17.30	FT	Junior Fitness	1
09.30 - 10.15	KW	Active Body Conditioning	2
11.00 - 11.45	AO	Active Heart Fit	2
18.45 - 19.30	DC	Active Kettles	2
19.45 - 20.30	LB	Active Pilates	2

Wednesday

06.30 - 21.00	FT	Fitness Suite open*	1
06.30 - 17.30	FT	Junior Fitness	1
09.30 - 10.15	KS	Active 50+	2
10.30 - 11.15	RS	Active Lower Body Tone	2
13.00 - 13.30	FT	Active HIITs	1
17.45 - 18.30	AO	Active Cycle	3
18.45 - 19.30	RS	Active Step & Tone	2

Thursday

06.30 - 21.00	FT	Fitness Suite Open*	1
06.30 - 17.30	FT	Junior Fitness	1
09.30 - 10.15	HC	Active HIITs	2
10.30 - 11.15	HC	Active Stretch & Relax	2
18.15 - 19.00	LS	Active BarreFit	2
19.15 - 20.00	LS	Active Yoga	2

Friday

06.30 - 21.00	FT	Fitness Suite open*	1
06.30 - 17.30	FT	Junior Fitness	1
09.30 - 10.15	LS	Active Aerobics	2
10.30 - 11.15	LS	Active Balance	2
13.00 - 13.30	FT	Active HIITs	1
17.45 - 18.30	HC	Active Club Classics	2

Saturday

08.00 - 17.45	FT	Fitness Suite open*	1
08.00 - 14.30	FT	Junior Fitness	1
08.45 - 09.30	KW	Active Cycle	3
12.00 - 12.30	FT	Active HIITs	1

Sunday

08.00 - 17.45	FT	Fitness Suite open*	1
08.00 - 14.30	FT	Junior Fitness	1
12.00 - 12.30	FT	Active HIITs	1

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:

Liam Bagguley	LB	Rachel Stafford	RS
Dale Chapman	DC	Lynn Stevenson	LS
Hayley Clarke	HC	Katie Watson	KW
Adam Overland	AO	Fitness Team	FT

ACTIVITY LOCATION KEY:

Fitness Suite	1	Cycle Studio	3
Sports Hall	2		