

Dukeries Leisure Centre

Xperience Timetable

Monday

06.30 - 17.30	Junior Fitness - (Fitness Suite*)	8yrs - 13yrs
15.45 - 16.15	Active Pre-School Trampoline	3yrs - 4yrs
16.15 - 18.30	Active Trampoline	5yrs - 18yrs

Tuesday

06.30 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs - 13yrs
16.00 - 16.45	Active Football	4yrs - 9yrs
17.00 - 18.30	Active Trampoline	5yrs - 18yrs

Wednesday

06.30 - 17.30	Junior fitness – (Fitness Suite*)	8yrs - 13yrs
16.00 - 16.30	Active Pre-School Trampoline	3yrs - 4yrs
16.00 - 18.15	Active Gymnastics	5yrs - 18yrs
16.30 - 18.00	Active Trampoline	5yrs - 18yrs

Thursday

06.30 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs - 13yrs
15.45 - 16.15	Active Mini's Gymnastics	3yrs - 4yrs
16.15 - 17.45	Active Gymnastics	5yrs - 15yrs

Friday

06.30 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs - 13yrs
16.00 - 16.45	Active Dance	3yrs - 6yrs
16.45 - 17.30	Active Dance	7yrs - 12yrs

Saturday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 13yrs
10.15 - 13.15	Active Trampoline	5yrs - 18yrs

Sunday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 13yrs
09.00 - 09.30	Active Pre-School Trampoline	3yrs - 4yrs
09.30 - 12.30	Active Trampoline	5yrs - 18yrs

CUSTOMER INFORMATION

Swimming lessons are held at Newark Sports and Fitness Centre and Southwell Leisure Centre

*Fitness Suite is open at all other times for juniors if supervised by a responsible adult. Access to the Fitness Suite requires an induction.

CLEANING PROGRAMME

Gymnastics/Trampoline – Equipment cleaned every 40mins
Fitness Suite and general areas cleaned regularly throughout the day.