

Dukeries Leisure Centre

Class Timetable

Monday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.15 - 10.00	RS	Active Pilates	5
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	KW	Active Dancefit	2
10.15 - 11.00	RS	Active Pilates	5
17.45 - 18.30	AO	Active Cycle	3
17.45 - 18.30	DS	Active Dancefit	5
18.45 - 19.30	JC	Active Strength & Tone	5

Tuesday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.00	KW	Active Cycle	3
10:00 - 10.30	KW	Active Body Conditioning	2
11.00 - 11.45	AO	Active Mobility Circuits	5
17.45 - 18.30	KW	Active Cycle	3
18:45 - 19:30	KW	Active Aqua Aerobics	4
18.45 - 19.30	DC	Active Kettles	2

Wednesday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.15 - 10.00	RS	Active 50+	2
09.30 - 10.00	FT	Active Synrgy	1
10.15 - 11.00	RS	Active Step & Tone	2
11.15 - 12.00	RS	Active Aqua Aerobics	4
16.30 - 17.00	FT	Xp Synrgy (11 – 15yrs)	1
17.45 - 18.30	KW	Active Fitness Stack	2
17.45 - 18.30	RS	Active Pilates	5
18.45 - 19.30	RS	Active Step & Tone	2
18.45 - 19.30	KW	Active Aqua Aerobics	4

Thursday

06.30 - 21.00	FT	Fitness Suite Open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	DS	Active Body Conditioning	2
17.30 - 18.15	KW	Active Aqua Aerobics	4
18.30 - 19.15	KW	Active Pilates	2

Friday

06.30 - 20.30	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active Synrgy	1
09.30 - 10.00	FT	Active Synrgy	1
09.30 - 10.15	KW	Active 50+	2
10.30 - 11.15	RS	Active Pilates Stretch	5
10.30 - 11.15	KW	Active Aqua Aerobics	4
17.30 - 18.15	ME	Active Strength & Tone	1
18.30 - 19.15	DS	Active Dance Fit	5

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
09.30 - 10.15	KW	Active Body Conditioning	2
11.00 - 11.30	FT	Free Weights Fundamentals	1

Sunday

08.00 - 17.45	FT	Fitness Suite open	1
08.00 - 14.30	FT	Junior Fitness*	1
09.30 - 10.00	FT	Active Synrgy	1
11.00 - 11.30	FT	Free Weights Fundamentals (ladies)	1

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

* **JUNIOR FITNESS** – 8-15yrs. Juniors can access the Fitness Suite outside of 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 Free Weights Fundamentals – ages 16yrs+ or having passed 3-part Free Weights Induction

AGE/HEIGHT RESTRICTIONS – Min age 12yrs for Active Aqua Aerobics, weight-bearing classes 14yrs when accompanied by an adult. Active Cycle min height of 5ft.

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

(L) Motivational lighting may be used in this class

ACTIVITY LOCATION KEY:

Fitness Suite	1	Sports Hall	2
Cycle Studio	3	Swimming Pool	4
Fitness Studio	5		

INSTRUCTOR KEY:

Dale Chapman	DC	Kathy Smith	KS
James Chrich	JC	Rachel Stafford	RS
Mitchell Eley	ME	Deborah Swain	DS
Lyndsey King	LK	Fitness Team	FT
Adam Overland	AO	Katie Watson	KW

Timetable version: 6th October 2025