

Newark Class Timetable

Monday				Wednesday				Friday																																			
06.00 - 21.00	FT	Fitness Suite open	2	06.00 - 21.00	FT	Fitness Suite open	2	06.00 - 20.30	FT	Fitness Suite open	2																																
06.00 - 18.00	FT	Junior Fitness*	2	06.00 - 18.00	FT	Junior Fitness*	2	06.00 - 18.00	FT	Junior Fitness*	2																																
06.45 - 07.30	JD	Active Cycle	1	07.00 - 07.30	FT	Active Synrgy	2	06.45 - 07.30	PD	Active Step N Tone (L)	1																																
07.00 - 07.30	FT	Active Synrgy	2	08.30 - 09.15	DW	Active Aqua Aerobics	4	07.00 - 07.30	FT	Active Synrgy	2																																
08.15 - 09.00	PD	Active Broadway Boogie (L)	1	09.30 - 10.15	DW	Active Dancefit	1	07.45 - 08.30	PD	Active Pump	1																																
09.15 - 10.00	MA	Active Pilates	1	09.30 - 10.15	MA	Active Aquatic Cycle	4	09.15 - 10.15	EE	Active Pilates	1																																
09.30 - 10.15	PD	Active Legs, Bums & Tums	3	10.00 - 10.30	FT	Active Synrgy	2	09.30 - 10.00	FT	Active Synrgy	2																																
10.00 - 10.30	FT	Active Synrgy	2	10.30 - 11.30	MA	Active Heart Fit	2	10.30 - 11.30	CP	Active Yoga	5																																
10.15 - 11.00	MA	Active Yoga	1	16.45 - 17.30	MA	Active Pilates	1	17.15 - 17.45	FT	Active Synrgy	2																																
10.30 - 11.15	SS	Active Aqua Aerobics	4	17.15 - 17.45	FT	Active Synrgy	2	17.45 - 18.30	DA	Active Cycle	1																																
15.15 - 16.00	EE	Seated Exercise	1	17.45 - 18.30	PD	Active HIITMIX (L)	1	18.45 - 19.30	DA	Active Cycle	1																																
16.30 - 17.00	FT	Xp Synrgy (11-15 yrs)	2	18.00 - 18.30	FT	Active Synrgy	2	Saturday																																			
17.15 - 17.45	FT	Active Synrgy	2	19.00 - 19.45	ER	Active Cycle	1	08.00 - 18.00	FT	Fitness Suite open	2																																
17.45 - 18.30	ER	Active Cycle	1	Thursday				08.00 - 14.30	FT	Junior Fitness*	2																																
18.00 - 18.30	FT	Active Synrgy	2	06.00 - 21.00	FT	Fitness Suite open	2	08.30 - 09.15	MA/PD	Active Body Conditioning (L)	1																																
18.45 - 19.30	MA	Active Pump	1	06.00 - 18.00	FT	Junior Fitness*	2	09.30 - 10.30	LK	Active Yoga	1																																
19.45 - 20.30	SS	Active Aqua Aerobics	4	07.00 - 07.30	FT	Active Synrgy	2	10.30 - 11.00	FT	Active Synrgy	2																																
19.45 - 20.30	LB	Active Yoga	1	09.15 - 10.00	FG	Active Cycle	1	16.45 - 17.15	FT	Free Weights Fundamentals	2																																
Tuesday				10.00 - 10.30	FT	Active Synrgy	2	Sunday																																			
06.00 - 21.00	FT	Fitness Suite open	2	10.30 - 11.15	MA	Active Yoga	1	08.00 - 18.00	FT	Fitness Suite open	2																																
06.00 - 18.00	FT	Junior Fitness*	2	10.45 - 11.30	KG	Active Drumfun	3	08.00 - 14.30	FT	Junior Fitness*	2																																
07.00 - 07.30	FT	Active Synrgy	2	12.15 - 13.00	SS	Active Aquatone	6	08.45 - 09.30	FG	Active Cycle	1																																
09.15 - 10.00	FG	Active Cycle	1	12.30 - 13.00	FT	Active Synrgy	2	10.30 - 11.00	FT	Active Synrgy	2																																
10.00 - 10.30	FT	Active Synrgy	2	16.30 - 17.00	FT	Xp Synrgy (11-15 yrs)	2	11.15 - 11.45	FT	Free Weights Fundamentals	2																																
10.30 - 11.15	MA	Active Pump	1	17.15 - 17.45	FT	Active Synrgy	2	(ladies)																																			
12.30 - 13.00	FT	Active Synrgy	2	17.45 - 18.30	PD	Active Clubbercise (L)	1	CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS) CLEANING PROGRAMME - All activity areas and equipment cleaned regularly throughout the day. (L) Motivational lighting may be used in this class *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 water-based classes and 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft. ^ Active Family Drumfun - 8yrs +																																			
13.15 - 14.15	CP	Active Yoga	1	18.00 - 18.30	FT	Active Synrgy	2																																				
15.15 - 16.00	BF	Active Neurofit	1	18.45 - 19.45	LK	Active Yoga	1																																				
16.30 - 17.15	KG	Active Family Drumfun^	3	19.00 - 19.45	PD	Active Body Fusion	3																																				
16.45 - 17.15	FT	Free Weights Fundamentals	2	INSTRUCTOR KEY: <table><tr><td>Michael Anderson</td><td>MA</td><td>Katie Goodier</td><td>KG</td></tr><tr><td>Doyle Armstrong</td><td>DA</td><td>Lyndsey King</td><td>LK</td></tr><tr><td>Liam Bagguley</td><td>LB</td><td>Chris Paris</td><td>CP</td></tr><tr><td>Paige Davis</td><td>PD</td><td>Ella Revill</td><td>ER</td></tr><tr><td>Jodie Dobb</td><td>JD</td><td>Szymon Swiatek</td><td>SS</td></tr><tr><td>Eve Edwards</td><td>EE</td><td>Fitness Team</td><td>FT</td></tr><tr><td>Beth Fisher</td><td>BF</td><td>Dorota Wietczak</td><td>DW</td></tr><tr><td>Felicity Garland</td><td>FG</td><td></td><td></td></tr></table>								Michael Anderson	MA	Katie Goodier	KG	Doyle Armstrong	DA	Lyndsey King	LK	Liam Bagguley	LB	Chris Paris	CP	Paige Davis	PD	Ella Revill	ER	Jodie Dobb	JD	Szymon Swiatek	SS	Eve Edwards	EE	Fitness Team	FT	Beth Fisher	BF	Dorota Wietczak	DW	Felicity Garland	FG		
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ACTIVITY LOCATION KEY:																																											
Fitness Studio	1	Main Pool	4																																								
Fitness Suite	2	Squash Courts	5																																								
Sports Hall	3	Teaching Pool	6																																								

Timetable version: 12th January 2026