

# Newark Sports and Fitness Centre

## Class Timetable

### Monday

06.00 - 21.00	FT	Fitness Suite open*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	MA	Active Pilates	3
09.30 - 10.00	FT	Active Synrgy	2
10.30 - 11.15	MA	Active Cycle	3
11.30 - 12.30	SB	Active 50+ Fitness	5/2
12.15 - 13.00	MA	Active Aquatic Cycle	4
17.30 - 18.00	FT	Active Synrgy	2
19.15 - 20.00	DC	Active Aqua Aerobics	4
19.15 - 20.00	ER	Active Cycle	3
20.30 - 21.15	DD	Active Circuits	3

### Tuesday

06.00 - 21.00	FT	Fitness Suite open*	2
07.30 - 08.00	FT	Active Synrgy	2
09.15 - 10.00	ER	Active Cycle	3
10.45 - 11.30	DC	Active Pump	3
11.00 - 11.30	FT	Active Synrgy	2
12.00 - 13.00	--	Active 50+ Sports	3
12.30 - 13.00	FT	Active Synrgy	2
13.15 - 14.15	CP	Active Yoga	3
16.00 - 16.30	FT	Active Synrgy	2
19.15 - 20.00	CN	Active Cycle	3
19.30 - 20.15	DC	Active Hydrofighter	4
20.30 - 21.15	MA	Active Pilates	3

### Wednesday

06.00 - 21.00	FT	Fitness Suite open*	2
07.00 - 07.30	FT	Active Synrgy	2
08.30 - 09.15	MA	Active Aquatic Cycle	4
09.30 - 10.30	MA	Active Heart Fit	2
10.30 - 11.30	MA	Active Heart Fit	2
11.00 - 11.30	FT	Active Synrgy	2
18.00 - 18.30	FT	Active Synrgy	2
18.30 - 19.00	FT	Active Synrgy	2
19.15 - 20.00	DC	Active Legs, Bums & Tums	3
20.15 - 21.00	ER	Active Cycle	3

### Thursday

06.00 - 21.00	FT	Fitness Suite open*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	ER	Active Cycle	3
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.30	LB	Active Yoga	3
11.45 - 12.30	LB	Active Pilates	3
12.30 - 13.00	FT	Active Synrgy	2
18.00 - 18.30	FT	Active Synrgy	2
18.30 - 19.00	FT	Active Synrgy	2
19.15 - 20.00	MA	Active Yoga	3
20.30 - 21.15	MA	Active Legs, Bums & Tums	3

### Friday

06.00 - 21.00	FT	Fitness Suite open*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	EE	Active Pilates	3
09.30 - 10.00	FT	Active Synrgy	2
10.15 - 11.00	EE	Active Pilates	3
11.00 - 12.00	MT/SB	Active 50+ Fitness	5/2
17.30 - 18.00	FT	Active Synrgy	2
19.30 - 20.15	DA	Active Cycle	3

### Saturday

08.00 - 18.00	FT	Fitness Suite open*	2
08.30 - 09.15	FT	Active Cycle	3
11.30 - 12.00	FT	Active Synrgy	2
12.30 - 13.00	FT	Active Synrgy	2

### Sunday

08.00 - 18.00	FT	Fitness Suite open*	2
08.30 - 09.15	JD	Active Cycle	3
09.00 - 09.30	FT	Active Synrgy	2
09.30 - 10.00	FT	Active Synrgy	2
11.30 - 12.00	FT	Active Synrgy	2

#### INSTRUCTOR KEY:

Michael Anderson	MA	Eve Edwards	EE
Doyle Armstrong	DA	Felicity Garland	FG
Liam Bagguley	LB	Jodie Dobb	JD
Sharon Bilton	SB	Clare Newport	CN
Debra Christian	DC	Chris Paris	CP
Daniel Dogiel	DD	Ella Revill	ER
Sports Development	SD	Fitness Team	FT
Ellie Drewett	ED	Molly Townsend	MT

#### 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 cleaning times you won't be asked to leave but please allow staff to access the fitness equipment in order to clean the area.

#### ACTIVITY LOCATION KEY:

Fitness Studio	1	Main Pool	4
Fitness Suite	2	Squash Court	5
Sports Hall	3		