

Newark Class Timetable

Monday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	MA	Active Pilates	1
10.00 - 10.30	FT	Active Synrgy	2
10.15 - 11.00	MA	Active Yoga	1
15.15 - 16.00	FC	Seated Exercise	1
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	ER	Active Cycle	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.30	DC	Active Pump	1
19.45 - 20.30	DC	Active Aqua Aerobics	4
19.45 - 20.30	LB	Active Yoga	1
20.00 - 20.30	FT	Active Circuits	2

Tuesday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	FG	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.15	DC	Active Pump	1
12.30 - 13.00	FT	Active Synrgy	2
13.15 - 14.15	CP	Active Yoga	1
17.30 - 18.15	PD	Active Cycle	1
18.00 - 18.30	FT	Active Synrgy	2
18.30 - 19.15	PD	Active Broadway Boogie	1
18.30 - 19.15	DC	Active Hydrofighter	4
19.30 - 20.15	DC	Active Legs, Bums & Tums	1

Wednesday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.30 - 10.15	MA	Active Aquatic Cycle	4
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.30	MA	Active Heart Fit	2
16.45 - 17.30	MA	Active Pilates	1
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	PD	Active BoxFit	1
18.00 - 18.30	FT	Active Synrgy	2
19.00 - 19.45	ER	Active Cycle	1

Thursday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	FG	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.15	MA	Active Yoga	1
12.30 - 13.00	FT	Active Synrgy	2
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	JK	Active Dancefit	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.45	LK	Active Yoga	1

Friday

06.00 - 20.30	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.15	EE	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy	2
10.30 - 11.30	CP	Active Yoga	5
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	DA	Active Cycle	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.30	DA	Active Cycle	1

Saturday

08.00 - 18.00	FT	Fitness Suite open	2
08.00 - 14.30	FT	Junior Fitness*	2
08.30 - 09.15	MA/PD	Active Body Conditioning	1
09.30 - 10.30	LK	Active Yoga	1
10.30 - 11.00	FT	Active Synrgy	2
16.45 - 17.15	FT	Active Circuits	2

Sunday

08.00 - 18.00	FT	Fitness Suite open	2
08.00 - 14.30	FT	Junior Fitness*	2
08.45 - 09.30	FG	Active Cycle	1
10.30 - 11.00	FT	Active Synrgy	2

ACTIVITY LOCATION KEY:

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

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

CLEANING PROGRAMME - All activity areas and equipment cleaned regularly throughout the day.

***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.

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.

INSTRUCTOR KEY:

Michael Anderson	MA	Eve Edwards	EE
Doyle Armstrong	DA	Felicity Garland	FG
Liam Bagguley	LB	Lyndsey King	LK
Fran Chanderbhan	FC	Jenna Knights	JK
Debra Christian	DC	Chris Paris	CP
Paige Davis	PD	Ella Revill	ER
Dorota Wietczak	DW	Fitness Team	FT

Timetable version: 15th April 2024