

Southwell 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 HIITs	1
09.00 - 09.30	FT	C30 - Small Group Workout	1
09.00 - 10.00	EE	Active Pilates	2
10.15 - 11.00	CY	Active Drum Fun	2
11.15 - 12.00	CY	Active Box Fun	2
11.15 - 12.00	LW	Active Pilates	6
18.00 - 18.45	MD	Active Cycle	3
19.00 - 19.45	FT	Active Body Conditioning	1
19.30 - 20.15	RS	Active Pilates	3

Tuesday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active HIITs	1
09.00 - 09.30	FT	Active HIITs	1
09.30 - 10.15	RS	Active Lower Body Tone	6
10.30 - 11.15	RS	Active Pilates	6
10.30 - 11.15	LS	Seated Exercise	3
11.30 - 12.15	LS	Active Dancefit	6
17.30 - 18.15	DS	Active Pump	6
18.30 - 19.15	DS	Active Dancefit	2
18.30 - 19.15	LSt	Active Cycle	3

Wednesday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active HIITs	1
09.00 - 09.30	FT	Active HIITs	1
09.00 - 10.00	SA	Active Hatha Yoga Improver	2
09.30 - 10.15	DS	Active Strength & Tone	6
10.30 - 11.30	SA	Active Hatha Yoga Beginner	2
16.30 - 17.00	FT	Xp HIITs (13 – 15 yrs)	1
17.00 - 17.45	TH	Active Circuits	6
18.00 - 18.45	TH	Active Cycle	3
19.00 - 19.45	FT	Active Body Conditioning	1
19.15 - 20.00	LK	Active Yoga	3

Thursday

06.30 - 21.00	FT	Fitness Suite Open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	FT	Active HIITs	1
09.00 - 09.30	FT	Active HIITs	1
10.00 - 10.45	RS	Active Body Conditioning	2
11.00 - 11.45	RS	Active Pilates	6
10.00 - 12.00		Social Badminton	2
11.30 - 12.15	LS	Seated Exercise/Otago	3
16.30 - 17.00	FT	Xp HIITs (13 – 15 yrs)	1
18.00 - 18.45	DS	Active Dancefit	2
19.15 - 20.15	EE	Active Pilates	3

Friday

06.30 - 21.00	FT	Fitness Suite open	1
06.30 - 18.00	FT	Junior Fitness*	1
07.00 - 07.30	CY	Active HIITs	1
09.00 - 09.30	CY	C30 - Small Group Workout	1
09.00 - 10.00	KF	Active Fitness Pilates	2
10.15 - 11.00	CY	Active Drum Fun	2
18.00 - 18.30	FT	Free Weights Fundamentals	1

Saturday

07.30 - 17.30	FT	Fitness Suite open	1
08.30 - 09.00	FT	Active HIITs	1
09.00 - 14.30	FT	Junior Fitness*	1
09.00 - 09.45	DS	Active Body Conditioning	6
10.00 - 10.45	DS	Active Dancefit	6

Sunday

07.30 - 17.30	FT	Fitness Suite open	1
09.00 - 14.30	FT	Junior Fitness*	1
08.45 - 09.30	FT	Active HIITs	1
09.45 - 10.30	LSt	Active Cycle (Bi-weekly)	3
11.00 - 11.30	FT	Free Weights Fundamentals (ladies)	1

CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

***JUNIOR FITNESS** – 13yrs and above. 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 Hiits for Yr 9 and above
Free Weights Fundamentals – ages 16yrs+ or having passed 3-part Free Weights Induction

AGE/HEIGHT RESTRICTIONS – Min 14yrs for weight-bearing classes 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
Free Weights Room	5	Squash Court	6

INSTRUCTOR KEY:

Sally Alvey	SA	Lucy Stanley	LSt
Morgan Durham	MD	Lynn Stevenson	LS
Eve Edwards	EE	Deborah Swain	DS
Kathryn Flinn	KF	Fitness Team	FT
Tony Heydon	TH	Chris Yeomans	CY
Lyndsey King	LK	Laura West	LW
Rachel Stafford	RS		

Timetable version 6th October 2025