

WILLICOMBE PARK
Class Timetable
 From June 2025



Time	Class	Instructor	Pool use allowed
MONDAY			
TUESDAY			
11.00 – 11.45	Aqua Fit	Jamie	No
12.15– 13.00	Aqua Fit	Jamie	No
13.30 - 14.15	Body Balance	Jamie	
WEDNESDAY			
11.30 - 12.15	Aqua Fit	Jamie	No
12.45-13.30	Chair Fit	Jamie	
THURSDAY			
11.00 – 11.45	Aqua Fit	Jamie	No
12.15 – 13.00	Aqua Fit	Jamie	No
13.30 – 14.15	Body Conditioning	Jamie	
FRIDAY			
SATURDAY			
SUNDAY			

Advance booking required and subject to availability. Book online via Team up to use the gym, pool, and for classes.

Training program-We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.

(Additional charges will apply)