



Clevedon Class Timetable

From March 2022

| Time | Class | Instructor | Gym use allowed |
|------------------|-----------------------------|------------|--------------------|
| MONDAY | | | |
| 10.30 – 11.10 | Men's Pilates (chair based) | Angie | No |
| 11.15 – 11.55 | Chair Fitness | Angie | No |
| 11.00 – 11.40 | Aqua Aerobics | Sue | Pool/wet side - No |
| TUESDAY | | | |
| 10.30 – 11.25 | Pilates | Anne | No |
| 11.30 – 12.25 | Pilates | Anne | No |
| 12.35 – 13.15 | Aqua Aerobics | Kryisia | Pool/wet side - No |
| 13.30 -14.10 | Dancefit | Kryisia | No |
| 14.30 – 15.10 | Gentle Aqua | Kryisia | Pool/wet side - No |
| WEDNESDAY | | | |
| 9.30 – 10.10 | Toning, Strength & Stretch | Zoe | No |
| 11.30 – 12.10 | Aqua Aerobics | Sue | Pool/wet side - No |
| THURSDAY | | | |
| 9.15 – 9.55 | Aqua Aerobics | Kryisia | Pool/wet side - No |
| 10.15 – 10.55 | Weights & Circuits | Kryisia | No |
| 12.00 – 12.40 | Aqua Aerobics | Elyse | Pool/wet side - No |
| 14.00 – 14.40 | Legs, Bums & Tums | Kryisia | No |
| FRIDAY | | | |
| 13.15 – 13.55 | Aqua Aerobics | Sue | Pool/wet side - No |

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

Induction – 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.