Class temp timetable

Light/ Moderate ♥ +

Moderate ++ ♥♥

Moderate +++ ♥♥♥

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7– 9.30am	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members
9.30 – noon	Pilates Core 9-9.30am All abilities ♥ Aqua 9.45-10.30am ♥ 10.45-11.30am ♥ ♥ ————	Pilates + Body Awareness All abilities wel-come ♥ 9-10am ——— Youthful Hearts 10.30-11.15am ♥ ♥ ———- Stretch, Flex & Tone 11.30-12.15pm ♥	Live Stronger (Circuits) 60min Strength ♥ ♥ ♥ 12.30-1.30pm ———-	Flexi 1:1 by apt 9-10am ———- Youthful Hearts ♥ ♥ 10.15-11am ———- Aqua ♥ ♥ 11.15-12noon	Pilates & Body Awareness ♥ 9-10am Pilates & Body Conditioning **10.15-11.15am** ♥ ♥ ———— Aqua 11.30-12.15am ♥ ♥	Family swim £5 per child 10-12 noon Pool Owners & Members	Family swim £5 per child 10-12 noon Pool Owners & Members
Noon – 5pm	---------- Pool closed for cleaning 1.30pm— 4.30pm	Gym Induction (by Apt) 12.15-1pm ———- **Owners** **pool** **3-4.30pm**	Gym Supervision 2pm-2.45pm ---------- **Owners** **pool** **3-4.30pm**	Arthritis Friendly Chair class 12.15-1pm ---------- **Owners** **pool** **3-4.30pm**	Walking Audley 12.30pm ---------- **Owners** **pool** **3-4.30pm**	Pool Owners & Members ---------- **Owners** **pool** **3-5pm**	Pool Owners & Members ---------- **Owners** **pool** **3-5pm**
5– 9pm (Sundays 8pm)	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members