

POOL TIMETABLE

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY	Adult Swim Only		Aqua Fit 10:00-11:00											Adult Swim Only
TUESDAY	Adult Swim Only					Water 13.30	to	Babies 15.30			Aqua Fit 18:30-19:30			Adult Swim Only
WEDNESDAY	Adult Swim Only		Little 10:00	Flippers -	12:30			Little 15:30	Flippers -	17:30	Aqua Fit 18:30-19:30			Adult Swim Only
THURSDAY	Adult Swim Only	Aqua Fit 9:30- 10:30												Adult Swim Only
FRIDAY	Adult Swim Only		Little 10:00	Flippers -	12:30				Kernow 16:00 -	Splashers 17:00		Aqua Fit 19:00-20:00		Adult Swim Only
SATURDAY		Turtle 9:00 -	Tots 12:00	(public Swim available)	*half of the pool only									
SUNDAY														

To Book an Aqua Fit Class Please Contact the Gym on 01208 831808 Option 4 Adults only swimming is from 8am-9am and 9pm-10pm Monday to Friday

GYM TIMETABLE

You may turn up on the day, We recommend that you book in advance to avoid disappointment.

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm
MONDAY			Aqua Fit 10:00 - 11:00								Exercise To Music 18:00 – 19:00	Flexibility 19:00 - 20:00	
TUESDAY			Core Stability 10:00 - 10:45 Body Conditioning 10:00 - 11:00						Indoor Cycling 16:45 –17:30	Indoor Cycling 17:30 –18:15	Aqua Fit 18:30 -19:30		
WEDNESDAY										Legs Bums &Tums 17:30 –18:30	Aqua Fit 18:30 – 19:30		Abs Blast 19:30 – 20:30
THURSDAY		Aqua Fit 9:30 -10:30								Indoor Cycling 17:30 –18:15	Indoor Cycling 18:15 – 19:00		
FRIDAY											Ab Blast 18:00 – 18:45	Aqua Fit 19:00 – 20:00	
SATURDAY	Indoor Cycling 8:30 - 9:15	Indoor Cycling 10:00 - 10:45							Functional Training 16:00 -17:00				
SUNDAY				Yoga 11:00 - 12:00									

- MIND & BODY
- POOL WORKOUT
- ACTIVE
- CONDITIONING

To Book Call: 01208 831 808 Option 4 (Gym)

Members & Guests on site £3

Non Members £4 Per Person Per Class