Easter Bank Holiday Class Timetable

Friday 29th March

08:00 Indoor Cycle - Robyn

09:00 Legs Bums and Tums - Clive

09:00 Pilates - Robyn

10:00 Body Balance - Clive

10:00 LesMills Dance - Robyn

11:00 Body Conditoning - Robyn

Sunday 31st March

08:00 Indoor Cycle - Ceri

09:00 Body Conditioning - Ceri

10:00 Pilates - Ceri

Saturday 30th March As Normal Monday 1st April

08:00 Circuits - Shane

09:00 Endurance Cycle (75 minute ride) -

Shane

Easter Bank Holiday Pool Timetable

Friday 29th March

0800 - 09:55 Lane Swim

10:00 - 10:55 Family Fun

11:00 - 15:50 Lane / General Swim

16:00 - 19:00 Swim Academy

Saturday 30th March

As Normal

Sunday 31st March

As Normal

Monday 1st April

On our Half Term Pool Timetable

