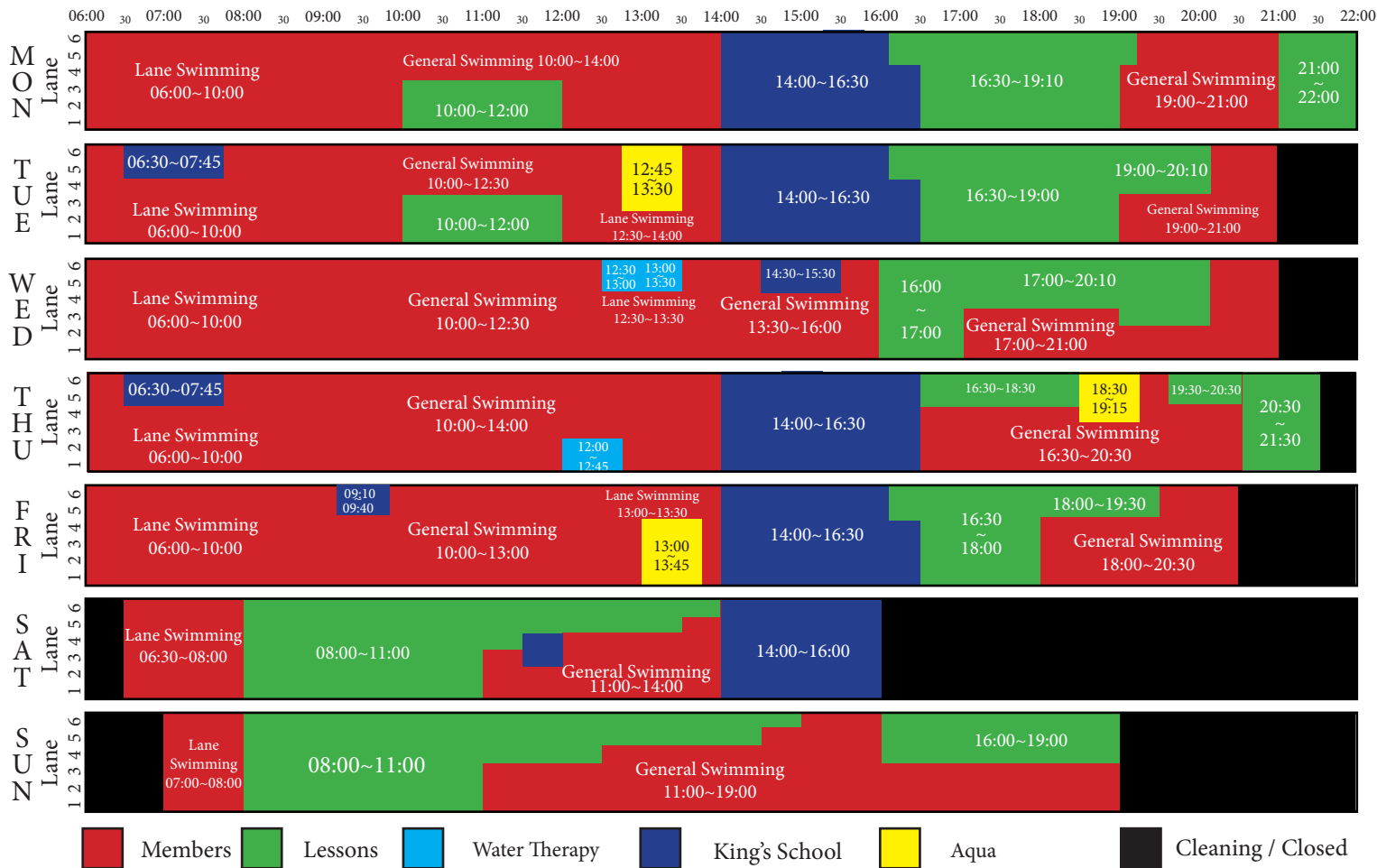
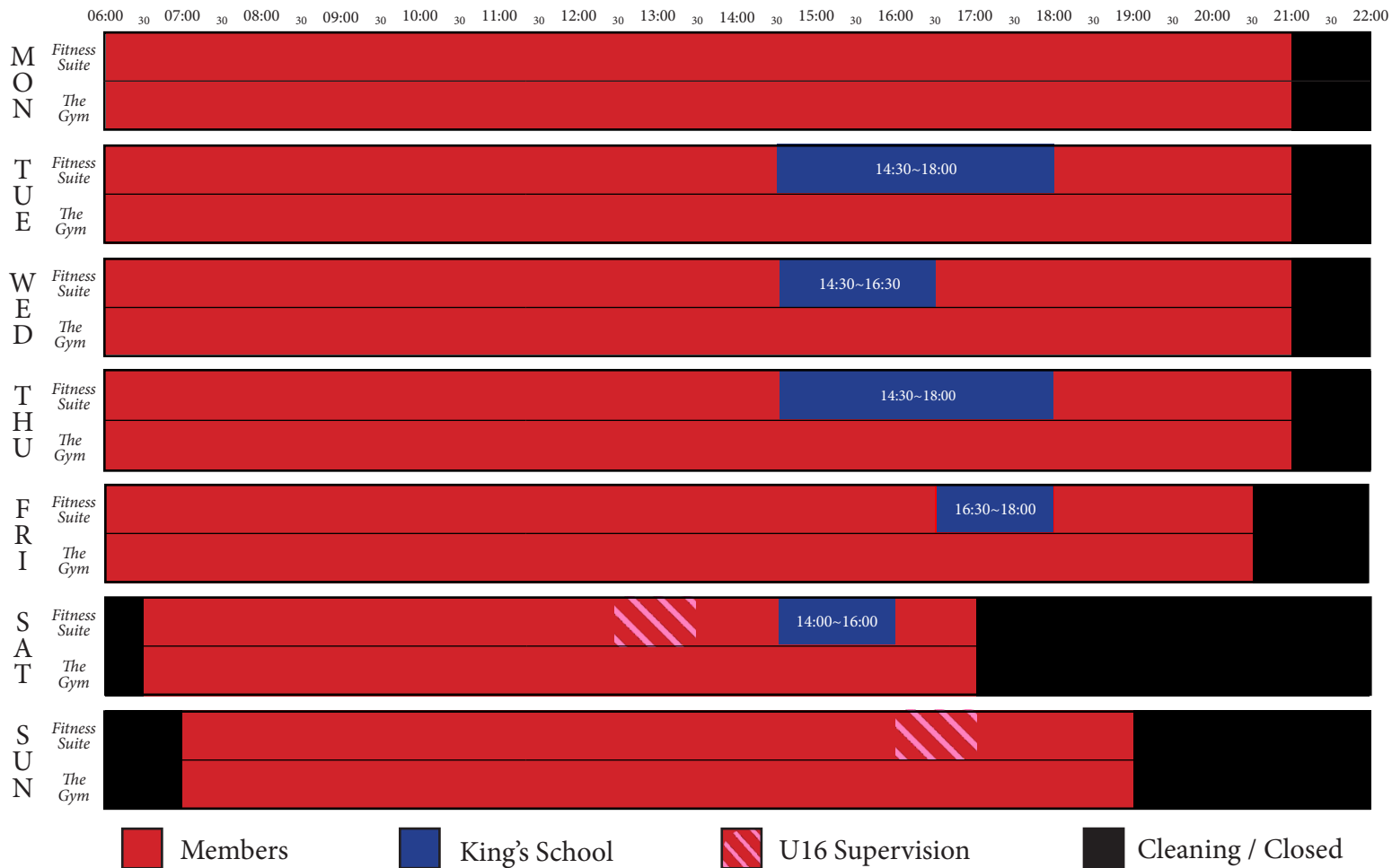


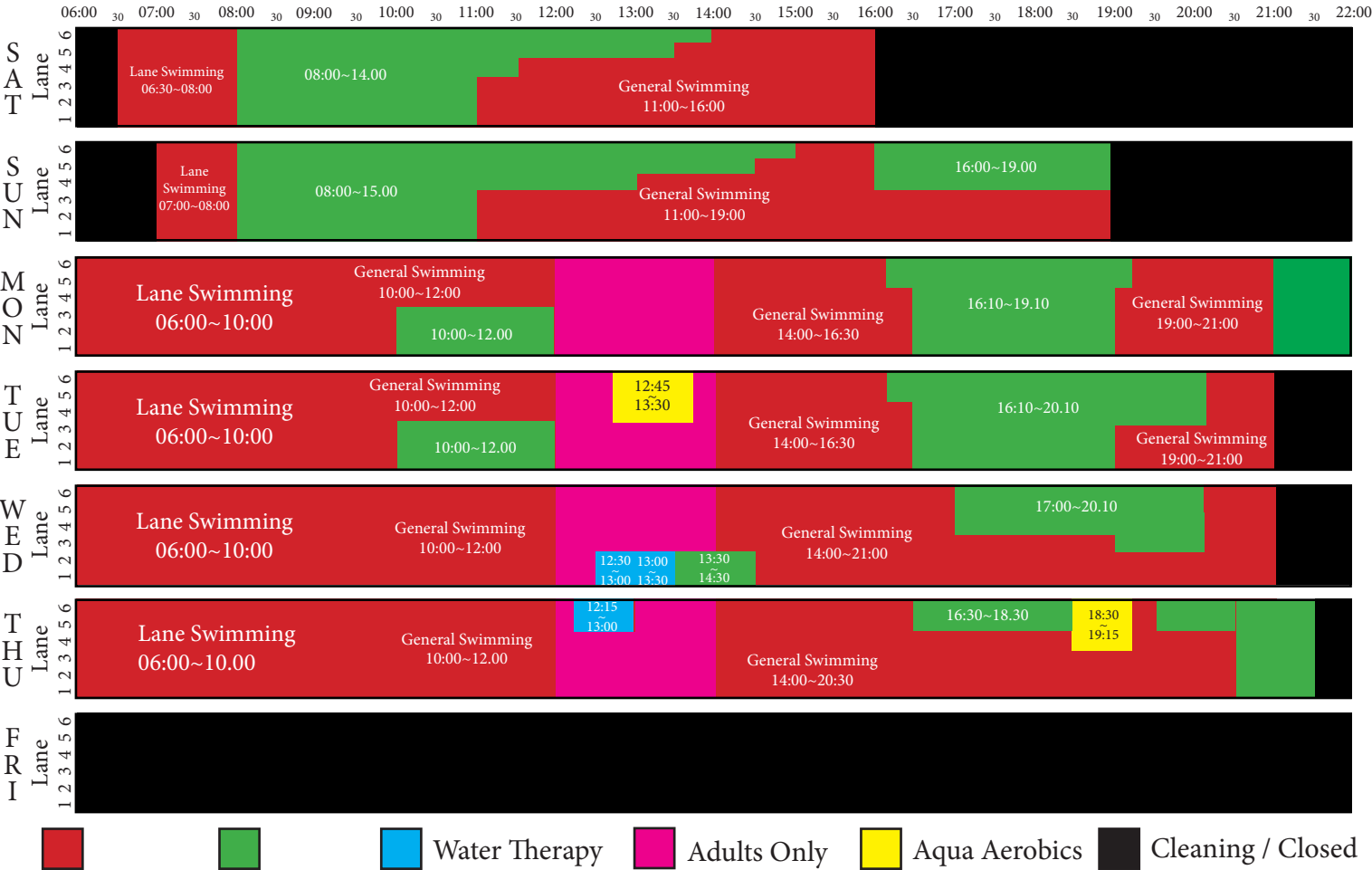
SWIMMING POOL OPENING TIMES | Saturday 24th February - Friday 22nd March 2024



FITNESS AREA OPENING TIMES | Saturday 24th February - Friday 22nd March 2024



SWIMMING POOL OPENING TIMES | SATURDAY 23rd - FRIDAY 29th MARCH 2024



FITNESS AREA OPENING TIMES | SATURDAY 23rd - FRIDAY 29th MARCH 2024

06:00 30 07:00 30 08:00 30 09:00 30 10:00 30 11:00 30 12:00 30 13:00 30 14:00 30 15:00 30 16:00 30 17:00 30 18:00 30 19:00 30 20:00 30 21:00 30 22:00



Members King's School U16 Supervision Cleaning / Closed

SWIMMING POOL OPENING TIMES | Saturday 30th March - Friday 5th April 2024



Members Lessons Water Therapy Adults Only Aqua Aerobics Cleaning / Closed

06:00 30 07:00 30 08:00 30 09:00 30 10:00 30 11:00 30 12:00 30 13:00 30 14:00 30 15:00 30 16:00 30 17:00 30 18:00 30 19:00 30 20:00 30 21:00 30 22:00



SWIMMING POOL OPENING TIMES | Saturday 6th April - Friday 12th April 2024



FITNESS AREA OPENING TIMES | Saturday 6th - Friday 12th April 2024

06:00 30 07:00 30 08:00 30 09:00 30 10:00 30 11:00 30 12:00 30 13:00 30 14:00 30 15:00 30 16:00 30 17:00 30 18:00 30 19:00 30 20:00 30 21:00 30 22:00

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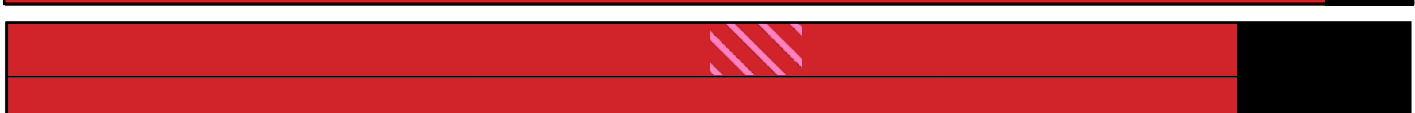
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Fitness Suite
The Gym

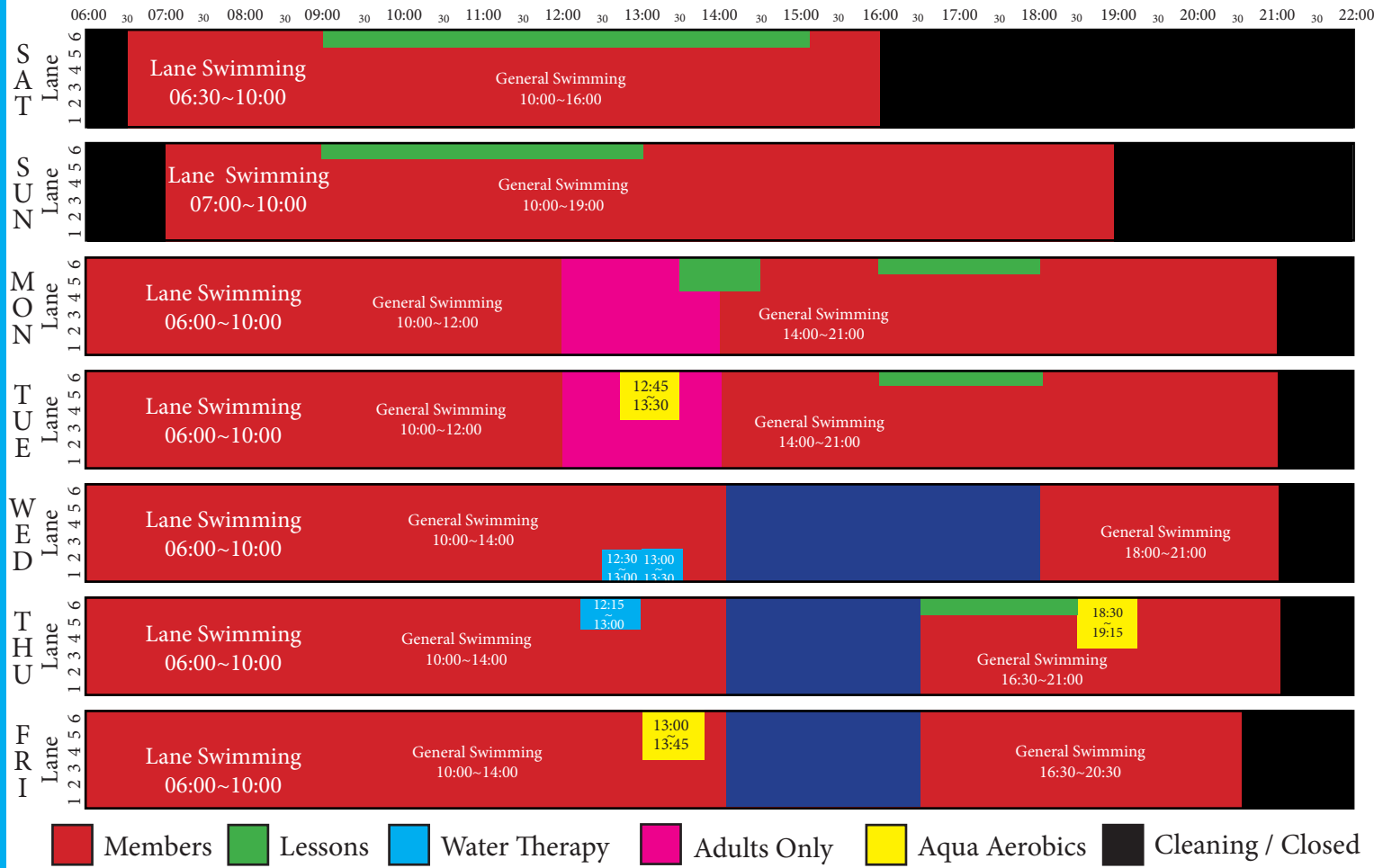


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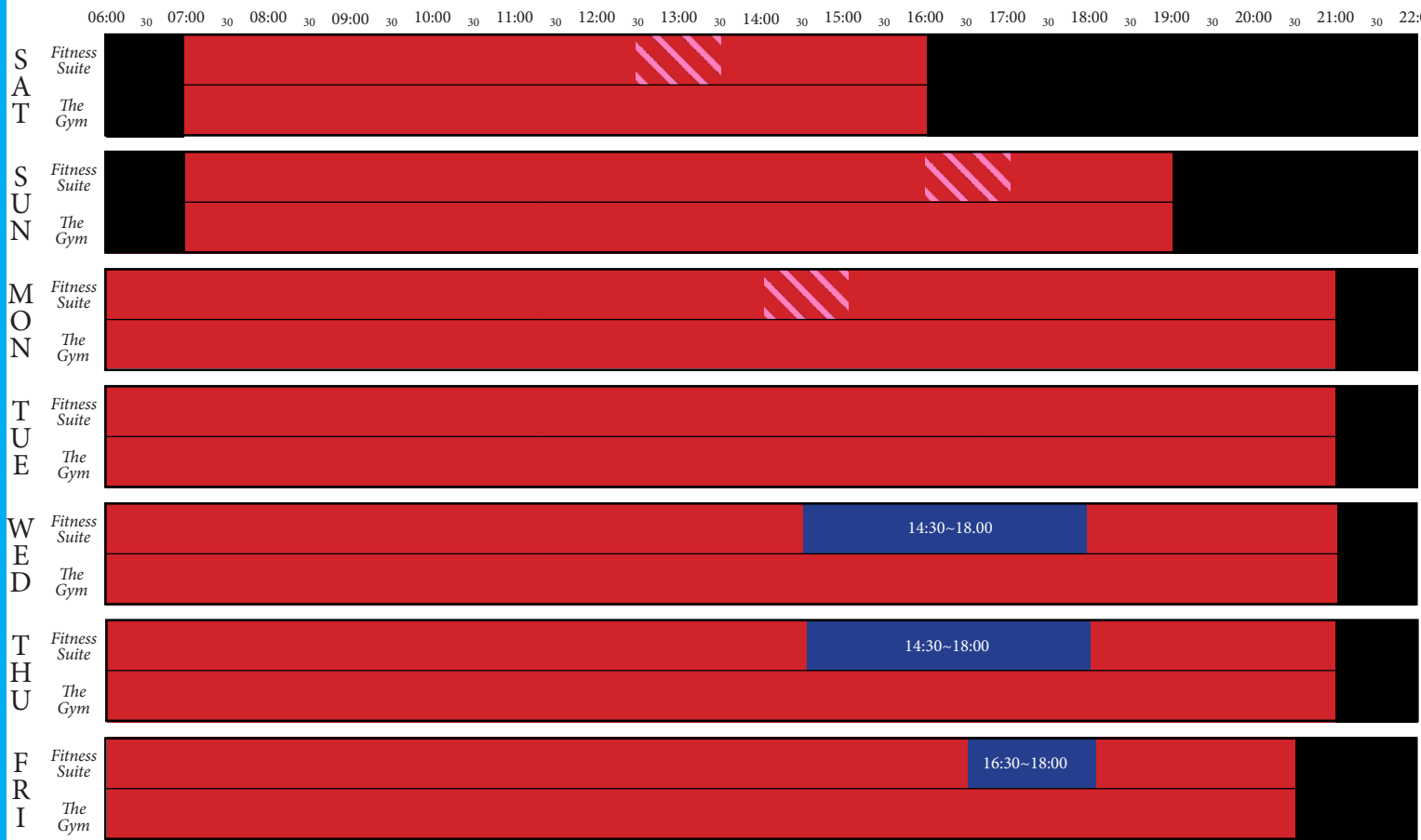
Fitness Suite
The Gym



SWIMMING POOL OPENING TIMES | Saturday 13th - Friday 19th April 2024



FITNESS AREA OPENING TIMES | Saturday 13th - Friday 19th April 2024



Fitness Class Timetable

Monday

09:00-10:00 50+ Aerotone
10:00-11:00 Functional Fitness
10:10-11:10 50+ Aerotone
11:30-12:30 Assisted Exercise Class
13:00-14:00 AFL Gentle Circuits

18:30-19:15 Ab, Core & More
18:30-19:30 Body Blast
19:30-20:30 Studio Cycling (Classic)

Tuesday

10:00-11:00 Total Body Conditioning
10:15-11:15 50+ Functional
11:30-12:30 Mat Pilates
12:45-13:30 Shallow Aqua
13:00-13:45 Seated Yoga

18:15-19:15 Functional Fitness
19:30-20:00 Stretch
19:30-20:30 Strength & Stretch

Wednesday

07:15-08:15 Yoga
10:00-11:00 Functional Fitness
10:00-11:00 A-B-C
11:00-12:00 X-Fit
11:30-12:30 Mat Pilates
12:00-12:30 Stretch
12:30-13:00 Water Therapy (Introduction)
12:45-13:45 Mat Pilates
13:00-13:30 Water Therapy (Shallow)

18:30-19:30 X-Fit
18:30-19:30 Studio Cycling (Coach by Colour)
19:30-20:30 Calisthenics

Thursday

09:30-10:30 Yoga
10:00-11:00 50+ Circuits
11:00-12:00 Yoga
12:15-13:00 Water Therapy (Shallow)
13:00-14:00 AFL Gentle Circuits

18:15-19:15 Studio Cycling (Classic)
18:30-19:15 Deep Aqua
18:30-19:30 Junior S&C
19:30-20:30 Strength & Stretch

Friday

07:15-08:15 Yoga
10:00-11:00 Total Body Conditioning
11:00-11:45 Body to the Beat
11:00-12:00 Functional Fitness
11:00-12:00 Racket Fit
12:30-13:15 Assisted Exercise Class
13:00-13:45 Shallow Aqua

Saturday

10:00-11:00 Functional Fitness
11:00-12:00 Strength & Stretch
12:00-13:00 Calisthenics

Sunday

09:30-10:30 Studio Cycling (Classic)
11:30-12:30 Total Body Conditioning
16:45-17:45 Yoga

50+ Classes
Body & Mind
Exercise Referral
Intense Fitness
Shape & Core
Strength & Conditioning