

# Fitness Class Timetable

## Monday

6.30am	Indoor cycling	45 mins
8.00am	Pilates (Mixed Ability)	60 mins
9.15am	Les Mills Body Combat	45 mins
10.10am	PiYo	60 mins
11.15pm	Zumba	45 mins
1.45pm	Alignment Yoga	60 mins
4.00pm	Street & Commercial Dance* (4-8yrs)	45 mins
5.00pm	Active Lifestyles Barre	40 mins
5.45pm	Zumba	45 mins
5.45pm	Indoor cycling	45 mins
6.35pm	Core Blimey	20 mins
7.00pm	Circuits	55 mins
7.00pm	Indoor cycling	45 mins
8.00pm	Vinyasa Yoga	60 mins

## Tuesday

6.30am	Indoor cycling	45 mins
6.30am	Sunrise Vinyasa Yoga	45 mins
9.20am	Les Mills Body Pump	50mins
10.35am	Beginner's Fitness	30 mins
11.15am	Pilates (Mixed Ability)	60 mins
12.25pm	Standing Pilates	30 mins
1.45pm	Gentle Movement Yoga	60 mins
4.00pm	Street & Commercial Dance* (9+ years)	45 mins
4.45pm	Private Hire	45 mins
5.45pm	Glutes, Arms & Abs	30 mins
6.00pm	Indoor cycling	45 mins
6.20pm	Piloxing	45 mins
7.00pm	Indoor cycling	45 mins
7.10pm	Zumba	45 mins
8.05pm	Les Mills Body Pump	50 mins

## Wednesday

6.30am	Body Pump	45 mins
9.15am	80's Aerobics	45 mins
10.10am	Core Blimey	30 mins
10.45am	Active Lifestyles Barre	45 mins
11.40am	Gentle Pilates	60 mins
12.15pm	Indoor Cycling Express	30 mins
1.30pm	Cardiac & Cancer Rehab**	60 mins
3.45pm	Alignment Yoga	60 mins
5.45pm	Body Conditioning	30 mins
6.15pm	Indoor Cycling Rave	45 mins
6.20pm	Move to the Movies	45 mins
7.15pm	Beginner's Indoor Cycling	30 mins
7.15pm	Kettlebell	40 mins
8.00pm	Vinyasa Yoga	60 mins

## Thursday

8.00am	Pilates (Mixed Ability)	60 mins
9.20am	Aerobics	45 mins
10.15am	Les Mills Body Pump	60 mins
11.30am	Mummy and Me Pilates	45 mins
12.30pm	Respiratory Rehab**	45 mins
12.30pm	Indoor Cycling Express	30 mins
1.30pm	Tai Chi	45 mins
2.30pm	Choose to move	60 mins
3.55pm	Pilates	60 mins
5.15pm	Pilates	60 mins
6.25pm	Les Mills Body Combat	45 mins
6.40pm	Indoor cycling	45 mins
7.50pm	Circuits	45 mins

## Friday

6.30am	Indoor cycling	45 mins
7.15am	Pilates (Mixed Ability)	60 mins
9.20am	Piloxing	60 mins
10.30am	Pilates (Mixed Ability)	60 mins
12.00pm	Indoor cycling	45 mins
12.00pm	Cancer and Cardiac Rehab**	60 mins
2.00pm	Range of Motion Yoga	60 mins
5.00pm	Indoor cycling	40 mins
5.00pm	Boot Scootin' Dance	45 mins
5.55pm	TRX-Treme	60 mins
7.10pm	Alignment Yoga	60 mins

## Saturday

7.55am	Vinyasa Yoga	60 mins
8.15am	Indoor cycling	45 mins
9.10am	Strength Circuits	50 mins
10.20am	Dance Fitness Fusion	45 mins

## Sunday

8:00am	Range Of Motion Yoga	60 mins
9:00am	Indoor cycling	45 mins
9:15am	80's Aerobics	45 mins
10:10am	3 Step	60 mins
11:10am	Les Mills Body Pump	60 mins
5:00pm	Indoor Cycling Rave	45 mins
6:00pm	Nia Dance	50 mins

\*\* Specialist class or extra payment required

# OPENING TIMES NOV 2024



**Pool  
Gym  
Studio**

# Swimming Pool Timetable

## Monday

6.00am - 9.00am Lane Swimming  
 9.00am - 10.00am Little Ducks Swim School  
 10.00am - 10.45am Aqua Zumba Exercise Class  
 10.45am - 11.30am Parent & Toddler Swim Session  
 10.50am - 11.20am Beginners Water Fitness  
 11.30am - 1.00pm Little Ducks Swim School  
 11.30am - 12.15pm Lane Swimming (D area unavailable)  
 12.15pm - 1.30pm Family Swimming (1 Lane available)  
(D area unavailable until 1.00pm)  
 1.30pm - 2.45pm School Swimming  
 2.45pm - 3.35pm Family Swimming  
 3.40pm - 7.05pm Junior Swimming Lessons  
 6.35pm - 7.35pm Family Swimming (D area unavailable until 7.05pm)  
 7.35pm - 8.20pm Lane Swimming  
 8.20pm - 9.05pm Swimfit

## Tuesday

6.00am - 9.00am Lane Swimming  
 9.00am - 9.30am Little Ducks Swim School  
 9.30am - 10.15am School Swimming  
 10.15am - 11.10am Disabled Swim  
 11.15am - 12.00pm Aqua Stretch Exercise Class  
 12.00pm - 1.30pm Little Ducks Swim School  
 12.00pm - 1.30pm Family Swimming (1 lane available)  
 1.30pm - 2.55pm School Swimming  
 3.00pm - 3.35pm Family Swimming  
 3.40pm - 6.30pm Junior Swimming Lessons  
 6.00pm - 7.00pm Family Swimming (D area unavailable until 6.30pm)  
 7.00pm - 7.45pm Aqua Stretch Exercise Class  
 7.50pm - 8.35pm Ladies Only Swimming Session  
 8.40pm - 9.25pm Lane Swimming

## Wednesday

6.00am - 9.00am Lane Swimming  
 9.00am - 9.30am Little Ducks Swim School  
 9.30am - 10.30am School Swimming  
 10.30am - 11.15am Parent & Toddler Swim Session  
 10.45am - 11.30am Aqua Tone Exercise Class  
 11.30am - 1.30pm Little Ducks Swim School  
 12.30pm - 1.30pm Family Swimming (1 lane available)(D area unavailable)  
 1.30pm - 3.00pm School Swimming  
 3.00pm - 3.35pm Lane Swimming  
 3.40pm - 6.25pm Junior Swimming Lessons  
 6.30pm - 7.15pm Aqua Insanity Exercise Class  
 6.30pm - 8.15pm Family Swimming (Shallow end only 6.30pm-7.15pm)  
 8.15pm - 9.00pm Lane Swimming

## Thursday

6.00am - 9.00am Lane Swimming  
 9.00am - 10.00am Little Ducks Swim School  
 10.00am - 10.45am Aqua Stretch Exercise Class  
 10.45am - 12.00pm School Swimming  
 12.00am - 1.30pm Little Ducks Swim School  
 12.00pm - 1.30pm Family Swimming (1 lane available)  
 1.30pm - 3.00pm School Swimming  
 3.00pm - 3.35pm Lane Swimming  
 3.40pm - 6.25pm Junior Swimming Lessons  
 6.30pm - 7.45pm Family Swimming  
 7.45pm - 8.30pm Lane Swimming  
 8.30pm - 9.15pm Swimfit

## Friday

6.00am - 9.00am Lane Swimming  
 9.00am - 9.30am Little Ducks Swim School  
 9.30am - 11.00am School Swimming  
 11.00am - 11.45am Aqua Tone Exercise Class  
 11.15am - 12.00pm Parent & Toddler Swim Session  
 12.00pm - 1.30pm Little Ducks Swim School  
 12.00pm - 1.30pm Family Swimming (1 lane available)  
 1.30pm - 2.30pm School Swimming  
 2.30pm - 3.00pm Adult Swimming Lessons  
 3.00pm - 3.35pm Family Swimming  
 3.40pm - 5.35pm Junior Swimming Lessons  
 5.45pm - 6.30pm Aqua Stretch Exercise Class  
 6.35pm - 9.05pm Dursley Dolphins Swimming Club

## Saturday

8.00am - 9.00am Junior Lifesaving Club  
 8.25am - 10.40am Junior Swimming Lessons  
 10.45am - 1.40pm Family Swimming  
 1.45pm - 3.20pm Inflatable Fun  
(2x 45 min sessions starting at 1.45pm and 2.35pm)  
 3.30pm - 8.00pm Closed for Private Parties

## Saturday

7.00am - 7.45am Lane Swimming  
 7.50am - 8.55am Family Swimming  
 8.25am - 11.15am Junior Swimming Lessons  
 10.45am - 3.55pm Family Swimming  
 4.00pm - 6.15pm Junior Swimming Lessons  
 6.20pm - 7.05pm Lane Swimming (with Swimfit)  
 7.05pm - 8.05pm DRC Tri Club

- Just turn up
- Booking required

# Gym Opening Times

## Monday - Friday

6.00am - 9.00pm

## Saturday

8.00am - 5.00pm

## Sunday

7.00am - 8.00pm

# Junior Gym Sessions

## Monday - Sunday

3.30pm - 4.30pm  
 Age range 11-14

