

Fitness Class Timetable

Monday

6.30am	Indoor Cycling	45 mins
8.00am	Pilates (Mixed Ability)	60 mins
9.20am	Les Mills Body Combat	45 mins
10.00am	Beginner's Indoor Cycling	30 mins
10.15am	PiYo	60 mins
11.20am	Zumba	45 mins
12.15pm	Strength and Power	30 mins
1.45pm	Alignment Yoga	60 mins
5.00pm	Barre	40 mins
5.45pm	Zumba	45 mins
5.40pm	Indoor Cycling	45 mins
6.35pm	Core Blimey	20 mins
6.35pm	Indoor Cycling Express	30 mins
7.00pm	Circuits	55 mins
7.10pm	Indoor Cycling	45 mins
8.00pm	Pilates (Mixed Ability)	60 mins

Tuesday

6.30am	Indoor Cycling	45 mins
6.30am	Sunrise Vinyasa Yoga	45 mins
9.20am	Les Mills Body Pump	45 mins
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
4.45pm	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
7.15pm	Step & Tone	45 mins
8.05pm	Les Mills Body Pump	50 mins

Wednesday

6.30am	Les Mills Body Pump	45 mins
9.20am	80's Aerobics	45 mins
10.10am	Core Blimey	30 mins
10.45am	Barre	45 mins
12.15pm	Indoor Cycling Express	30 mins
1.30pm	Cardiac & Cancer Rehab*	60 mins
3.55pm	Gentle Pilates	60 mins
5.35pm	Indoor Cycling Express	30 mins
5.45pm	Body Conditioning	30 mins
6.15pm	Indoor Cycling Rave	45 mins
6.20pm	Aerobics	45 mins
7.15pm	Beginner's Indoor Cycling	30 mins
7.15pm	Kettlebell	40 mins
8.00pm	Vinyasa Yoga	60 mins

Thursday

6.30am	Strength and Tone	45mins
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
2.20pm	Fit for Life	45 mins
3:55pm	Gentle Pilates	60 mins
5:15pm	Pilates	60 mins
5.45pm	Indoor Cycling Rave	45 mins
6.25pm	Les Mills Body Combat	45 mins
6.40pm	Indoor Cycling	45 mins
7.30pm	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
5.30pm	Indoor Cycling	45 mins
6.30pm	Strength and Conditioning	45 mins
7.30pm	Vinyasa Yoga	60 mins

Saturday

7.55am	Vinyasa Yoga	60 mins
8.15am	Indoor Cycling	45 mins
9.10am	Strength Circuits	50 mins
10.20am	Feel Good Fitness	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	Step & Tone	50 mins
11.10am	Les Mills Body Pump	60 mins
5.00pm	Indoor Cycling Rave	45 mins
6.00pm	Body and Mind Reset (Pilates/Yoga Fusion)	60 mins

* Specialist class or extra payment required

OPENING TIMES SEPT 2025



**Pool
Gym
Studio**

Swimming Pool Timetable

Monday

6.00am - 9.00am Lane Swimming
 9.00am - 10.00am Adult and Child Swim Lessons
 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 Adult and Child Swim Lessons
 11.30am - 12.15pm Lane Swimming (D area unavailable)
 12.15pm - 1.30pm Public Swimming (1 Lane available)
 (D area unavailable until 1.00pm)
 1.30pm - 2.45pm School Swimming
 2.45pm - 3.35pm Public Swimming
 3.40pm - 6.30pm Junior Swimming Lessons
 6.35pm - 7.35pm Public Swimming
 7.35pm - 8.20pm Lane Swimming
 8.20pm - 9.05pm Swimfit

Tuesday

6.00am - 9.00am Lane Swimming
 9.00am - 9.30am Adult and Child Swim Lessons
 9.30am - 10.15am School Swimming
 10.15am - 11.10am Disabled Swim
 11.15am - 12.00pm Aqua Stretch Exercise Class
 12.00pm - 1.30pm Adult and Child Swim Lessons
 12.00pm - 1.30pm Family Swimming (1 lane available)
 1.30pm - 2.55pm School Swimming
 3.00pm - 3.35pm Public Swimming
 3.40pm - 6.30pm Junior Swimming Lessons
 6.00pm - 7.00pm Public 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 Adult and Child Swim Lessons
 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 Adult and Child Swim Lessons
 12.30pm - 1.30pm Public Swimming (1 lane available) (D area unavailable)
 1.30pm - 2.30pm School Swimming
 2.30pm - 3.35pm Lane Swimming
 3.40pm - 6.25pm Junior Swimming Lessons
 6.30pm - 7.15pm Aqua Tone Exercise Class
 6.30pm - 8.15pm Public Swimming (Shallow end only until 7.15pm)
 8.15pm - 9.00pm Lane Swimming

Thursday

6.00am - 9.00am Lane Swimming
 9.00am - 10.00am Adult and Child Swim Lessons
 10.00am - 10.45am Aqua Stretch Exercise Class
 10.45am - 12.00pm School Swimming
 12.00am - 1.30pm Adult and Child Swim Lessons
 12.00pm - 1.30pm Public 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 Public Swimming
 7.45pm - 8.30pm Lane Swimming
 8.30pm - 9.15pm Swimfit

Friday

6.00am - 9.00am Lane Swimming
 9.00am - 9.30am Adult and Child Swim Lessons
 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 Adult and Child Swim Lessons
 12.00pm - 1.30pm Public Swimming (1 lane available)
 1.30pm - 2.30pm School Swimming
 2.30pm - 3.00pm Adult Swimming Lessons
 3.00pm - 3.35pm Public 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 Public 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

Sunday

7.00am - 7.45am Lane Swimming
 7.50am - 8.55am Public Swimming
 8.25am - 11.15am Junior Swimming Lessons
 10.45am - 3.55pm Public Swimming
 4.00pm - 6.15pm Junior Swimming Lessons
 6.20pm - 7.05pm Lane Swimming
 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

Supervised Junior Gym Sessions

Monday - Sunday

3.30pm - 4.30pm
 Age range 11 - 14

Children aged between 11-14 years may attend anytime with a supervising parent/guardian.

