

# AQUA & WELLBEING TIMETABLE

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:30)				
09:00 - 10:00 <b>YOGA</b> Studio B Rachel Swabey	07:00 - 08:00 <b>POWER YOGA</b> Studio B Jody Thompson	11:00 - 12:00 <b>YOGA FLOW</b> Wellbeing Studio Anita Szucs	08:00 - 09:00 <b>POWER YOGA</b> Wellbeing Studio Yvette Meredith	09:00 - 10:00 <b>YOGA</b> Wellbeing Studio Jody Thompson
	11:00 - 12:00 <b>PILATES</b> Studio A Bryan Evans		10:00 - 10:55 <b>AQUA FIT</b> Swimming pool Lanes 1-4, 25m Shallow End Lisa Cattabriga	
	11:30 - 12:25 <b>AQUA FIT</b> Swimming Pool Lanes 1-4, 25m Shallow End Becky Poyntz		11:00 - 11:55 <b>PURE STRETCH</b> Studio B Katharine Gervasio	
LUNCHTIME SESSIONS (12:00 - 14:30)				
12:00 - 12:45 <b>YOGA FLOW</b> Wellbeing Studio Emily Young		12:30 - 13:30 <b>YOGA</b> Wellbeing Studio Katie Boots	13:00 - 14:00 <b>PILATES</b> Studio B Brenda Dilks	
12:45 - 13:45 <b>PILATES</b> Studio B Brenda Dilks		12:45 - 13:30 <b>AQUA FIT</b> Swimming Pool Lanes 1-4, 25m Shallow End Anita Szucs		
EVENING SESSIONS (17:00 - 21:00)				
	19:15 - 20:15 <b>YOGA</b> Wellbeing Studio Philippa Vince		19:00 - 20:00 <b>PILATES</b> Studio B Anita Szucs	

## NON-MEMBER PRICES

Wellbeing Classes - Range between £6.20 - £8.10

Aqua Classes - Range between £6.20 - £6.50

## MEMBER PRICES

Wellbeing Classes - FREE

Aqua Classes - FREE

## CHRISTMAS OPENING TIMES:

SUNDAY 24 DECEMBER **07.00 – 15.00**

CHRISTMAS DAY **CLOSED**

BOXING DAY **CLOSED**

WEDNESDAY 27 DECEMBER **07.00 – 19.00**

THURSDAY 28 DECEMBER **06.00 – 22.30**

FRIDAY 29 DECEMBER **06.00 – 22.30**

SATURDAY 30 DECEMBER **06.00 – 22.30**

NEW YEAR'S EVE **07.00 – 15.00**

NEW YEAR'S DAY **CLOSED**

TUESDAY 2 JANUARY **07.00 – 19.00**

WEDNESDAY 3 JANUARY **NORMAL HOURS**