

# AQUA & WELLBEING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:30)					
09:00 - 09:45 <b>AQUA FIT</b> Swimming Pool Jane Christie	09:30 - 10:30 <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
10:00 - 10:45 <b>AQUA FIT</b> Swimming Pool Jane Christie	12:00 - 12:45 <b>YOGA FLOW</b> Wellbeing Studio Emily Young	11:00 - 12:00 <b>PILATES</b> Studio A Bryan Evans		10:00 - 10:55 <b>AQUA FIT</b> Swimming Pool Lisa Cattabringa	11:05 - 12:00 <b>REVIVE</b> Studio A & B Sonya Turpin
10:45 - 11:45 <b>YOGA FLOW</b> Wellbeing Studio Emily Lambourne		11:00 - 11:55 <b>MINDFUL FLOW</b> Studio B Wendy Taylor		11:00 - 11:45 <b>PURE STRETCH</b> Studio B Katherine Gervasio	
12:00 - 12:45 <b>POWER YOGA</b> Wellbeing Studio Emily Lambourne		11:30 - 12:25 <b>AQUA FIT</b> Swimming Pool Becky Poyntz			
LUNCHTIME SESSIONS (12:30 - 16:30)					
	12:45 - 13:45 <b>PILATES</b> Studio B Brenda Dilks	12:45 - 13:30 <b>SWIMFIT ACTIVATE</b> Swimming Pool	12:30 - 13:30 <b>YOGA</b> Wellbeing Studio Katie Boots	13:00 - 13:45 <b>REVIVE</b> Studio B Rachel Wilson	
	13:00 - 14:00 <b>YOGA FLOW</b> Wellbeing Studio Emily Young		12:45 - 13:30 <b>AQUA FIT</b> Swimming Pool Anita Szucs	14:00 - 15:00 <b>PILATES</b> Studio B Brenda Dilks	
EVENING SESSIONS (17:00 - 21:00)					
19:15 - 20:15 <b>SWIMFIT ACTIVATE</b> Swimming Pool		19:15 - 20:15 <b>YOGA</b> Wellbeing Studio Philippa Vince	17:00 - 18:00 <b>PILATES</b> Studio B Jenny Hogg	19:00 - 20:00 <b>YOGA FLOW</b> Studio A Emily Young	18:00 - 19:00 <b>YOGA</b> Wellbeing Studio Katie Boots
		20:30 - 21:15 <b>AQUA FIT</b> Swimming Pool Anita Szucs		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