

Day	Class	Instructor	Time	Difficulty	Member Price	Non Member Price
<b>Monday</b>	Adult only swim	-	06.30-10.00	-	-	-
	Spin	Miskin	07.00-07.45	***	£1.50	£4.80
	Burn & Tone	Miskin	09.00-10.00	**	£1.50	£4.80
	Dynamic Yoga	Louise	10.00-11.00	***	£3.00	£4.80
	Yoga Flow	Louise	11.00-12.00	**	£3.00	£4.80
	Spin	Miskin	12.00-12.45	***	£1.50	£4.80
	40+ Circuit	Miskin	13.00-13.30	*	Free	£2.50
	AquaFit	Stacey	14.00-14.45	**	Free	£5.95
	Human Sport	Miskin	16.30-17.15	**	£1.50	£4.80
	Spin	Miskin	18.00-18.45	****	Free	£4.80
	Pilates	Vicki	18.00-18.45	**	£3.00	£4.80
	KettleBell	Mark	19.00-19.45	***	£3.50	£4.80
Adult only swim	-	20.00-21.15	-	-	-	
<b>Tuesday</b>	Adult only swim	-	06.30-12.00	-	-	-
	Spin	Miskin	07.00-07.45	***	£1.50	£4.80
	Human sport	Miskin	09.00-09.45	**	£1.50	£4.80
	Legs Bums Tums	Miskin	10.00-11.30	**	Free	£4.80
	Spin	Miskin	12.15-13.00	***	£1.50	£4.80
	Swimming Lessons	Ben	16.00-19.30	*	-	-
	Gary Lockett's Simply Box	Gary	18.15-19.15	****	£3.00	£4.80
	Spin	Miskin	19.30-20.15	***	£1.50	£4.80
	Adult Hip Hop	Jane	20.00-21.00	**	-	-
	Adult only Swim	-	20.00-21.15	-	-	-
<b>Wednesday</b>	Adult only swim	-	06.30-12.00	-	-	-
	Human sport	Miskin	09.15-10.00	**	£1.50	£4.80
	CoreFusion	Miskin	11.00-12.00	**	Free	£4.80
	Spin	Miskin	12.15-13.00	***	£1.50	£4.80
	Human Sport	Miskin	16.30-17.15	**	£1.50	£4.80
	Pilates	Vicki	17.45-18.30	**	£3.00	£4.80
	Kettlebell	Gwion	18.30-19.15	***	£3.50	£4.80
	Burn & Tone	Miskin	19.30-20.30	***	£1.50	£4.80
	Adult Tap	Jane	19.45-20.45	**	-	-
	Adult only Swim	-	20.00-21.15	-	-	-
<b>Thursday</b>	Adult only Swim	-	06.30-12.00	-	-	-
	Spin	Miskin	07.00-07.45	***	£1.50	£4.80
	Burn & Tone	Miskin	09.15-10.00	**	£1.50	£4.80
	Yoga flow	Louise	10.00-11.00	**	£3.00	£4.80
	AquaFit	Gwion	10.30-11.15	**	Free	£5.95
	AquaFit	Gwion	11.15-12.00	**	Free	£5.95
	Spin	Miskin	12.30-13.30	***	£1.50	£4.80
	Water babies	Aletia	13.30-15.00	*	-	-
	Junior Hip Hop	Jane	16.30-17.15	*	-	-
	Power Yoga	Louise	18.00-19.00	***	£3.00	£4.80
	Freestyle Kickboxing	Malcolm	19.15-20.15	***	£3.00	£4.80
	Zumba	Jane	20.30-21.30	**	-	-
Adult only Swim	-	20.00-21.15	-	-	-	
<b>Friday</b>	Adult only Swim	-	-	-	-	-
	Spin	Miskin	07.00-07.45	***	£1.50	£4.80
	Human sport	Miskin	09.00-09.45	**	£1.50	£4.80
	Legs Bums Tums	Miskin	10.00-11.30	**	Free	£4.80
	Spin	Miskin	12.15-13.00	***	£1.50	£4.80
	Water babies	Aletia	12.00-14.00	*	-	-
	Swimming lessons	Ben	16.00-19.30	*	-	-
Burn and Tone	Miskin	18.00-19.00	***	Free	£4.80	
<b>Saturday</b>	Adult only Swim	-	07.00-09.00	-	-	-
	Ballet Tots	Jane	09.15-11.45	*	-	-
	Human Sport	Miskin	09.30-10.15	**	Free	£4.80
	Spin	Miskin	11.00-11.45	***	Free	£4.80
<b>Sunday</b>	Adults only Swim	-	07.00-09.00	-	-	-
	Burn & Tone	Miskin	09.30-10.30	**	Free	£4.80
	Spin	Miskin	11.00-11.45	***	Free	£4.80
	Swimming Lessons	Ben	10.30-11.30	*	-	-
	Hip Hop	Jane	14.00-14.45	*	-	-
	Ladies Night	Stacey	17.30-18.30	**	£3 for both classes	£5.95 for both classes
	Aqua	Stacey	18.45-19.30	**	£3 for both classes	£5.95 for both classes