



**AUGUST TIMETABLE . WEEK ONE . MONDAY 29TH JULY - SUNDAY 4TH AUGUST 2019**

**MONDAY 29TH JULY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin Studio	All	Elliot
0930-1015	Spin ***	Cardio	Spin Studio	All	Elliot
1000-1045	Aqua	Aqua	Pool	All	Stacey
1020-1120	Vinyassa Yoga	Holistic	Studio 1	All	Hannah
1030-1100	Synrgy **	Condi/Cardi	Functional	All	Leon
1045-1130	Aqua	Aqua	Pool	All	David
1130-1215	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1445-1600	Yoga & Relax	Holistic	Studio 2	All	Tricia
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1700-1745	Junior Bootcamp	Combat	Studio 2	8+	Elliot
1725-1755	Abs & Back Blast	Condi	Studio 1	All	Leon
1800-1840	Circuits	Condi	Studio 1	Int	James
1800-1840	PIYo	Condi	Studio 2	All	Natalie
1800-1840	Spin ***	Cardio	Spin Studio	All	Elliot
1845-1930	Zumba	Cardio	Studio 1	All	Natalie
1845-1925	Spin ***	Cardio	Spin Studio	All	Jason
1900-1930	Synrgy **	Condi/Cardi	Functional	All	James
1940-2035	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Studio 2	All	Suzanne
1945-2030	Aqua	Aqua	Pool	All	Stacey

**TUESDAY 30TH JULY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Safia
0930-1015	Dance Floor Fillers	Dance	Studio 1	All	Kirsten
0930-1015	Yoga Principles	Holistic	Studio 2	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Physio	Studio 2	All	Matt
1115-1200	Aqua	Aqua	Pool	All	Charlotte
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre	Condi	Studio 1	All	Dawn
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1715-1800	Junior Bootcamp	Cardio	Studio 2	8+	James
1815-1900	Pilates	Holistic	Studio 2	All	Natalie
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Natalie
1915-2000	Spin ***	Cardio	Spin Studio	All	Elliot
2000-2045	Boxfit	Combat	Studio 2	All	Eugene
2000-2100	Vinyassa Yoga	Condi	Studio 1	All	Ruth

**WEDNESDAY 31ST JULY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Zumba	Dance	Studio 1	All	Dionne
0930-1015	Spin ***	Cardio	Spin Studio	All	Elliot
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Low & Tone	Condi	Studio 2	Beg	Jenny B
1030-1115	Aqua	Aqua	Pool	All	Stacey
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	Express Fitness Pilates	Condi	Studio 1	All	Cem
1800-1840	Barre	Condi	Studio 1	All	Dawn
1810-1840	Synrgy **	Condi/Cardi	Functional	All	James
1815-1855	Spin ***	Cardio	Spin Studio	All	Cem
1845-2000	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1930	Metafit	Cardio	Studio 2	All	Elliot
1900-1940	Spin ***	Cardio	Spin Studio	All	Cem
1900-1930	Express Aqua	Aqua	Pool	All	Dawn
1945-2030	Fitball	Condi	Studio 2	All	Dawn

**THURSDAY 1ST AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Pump ***	Condi	Studio 1	All	Cem
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0930-1015	Body Conditioning	Condi	Studio 2	All	Maxine
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1015-1100	Aqua	Aqua	Pool	All	Stacey
1030-1115	DDMIX	Dance	Studio 1	All	Bethan
1115-1200	Aqua	Aqua	Pool	All	Sarah
1130-1215	Chi Kung	Holistic	Studio 1	All	Joseph
1130-1215	Aerobics	Cardio	Studio 2	All	Bethan
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	James
1800-1845	Body Conditioning	Condi	Studio 1	All	Niki
1800-1845	Boxercise	Combat	Studio 2	Int	David
1800-1845	Spin ***	Cardio	Spin Studio	All	Elliot
1900-1945	Zumba	Cardio	Studio 1	All	Laurence
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
2000-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

**FRIDAY 2ND AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Darriel
0930-1015	Circuits	Condi	Studio 1	All	Dawn
0945-1015	Synrgy **	Condi/Cardi	Functional	All	Darriel
1030-1115	Salsa	Dance	Studio 1	All	Franklyn
1030-1115	Low & Tone	Condi	Studio 2	Beg	Dawn
1030-1115	Spin ***	Cardio	Spin Studio	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Low & Tone	Condi	Studio 1	Beg	Dawn
1130-1215	Pilates	Holistic	Studio 2	All	Suzanne
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1600-1930	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1745-1830	Pump ***	Condi	Studio 1	All	Eugene
1745-1830	Fitness Pilates	Condi	Studio 2	All	Cem
1835-1905	H.I.I.T	Cardio	Studio 1	All	Eugene

**SATURDAY 3RD AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1300	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0850-0920	Synrgy **	Condi/Cardi	Functional	All	Gym
1115-1200	Zumba	Dance	Studio 1	All	Marc
1130-1215	Fitball	Condi	Studio 2	All	Dawn
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob

**SUNDAY 4TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	All	Glenn
0945-1030	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1130	Spin ***	Cardio	Spin Studio	All	Glenn
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1745	Tai Chi	Combat	Studio 1	All	Don
1715-1745	Synrgy **	Condi/Cardi	Functional	All	Leon
1800-1900	Pilates	Holistic	Studio 1	All	Michelle K

We also have Body Control Pilates classes starting at 8:30am, 9:30am and 10:30am on a Saturday morning. There is an additional charge for these sessions.  
Please contact Anna on: 07770 387 735

**Key**

- \*\* Fast class, please arrive warmed up & ready to go
- \*\*\* Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.
- £: There is an additional charge for these sessions.
- Waterside Club.
- Children's Class.

For further information on Total Swimming, please call 0161 764 2224



**AUGUST TIMETABLE . WEEK TWO . MONDAY 5TH AUGUST - SUNDAY 11TH AUGUST 2019**

**MONDAY 5TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin Studio	All	Elliot
0930-1015	Zumba	Dance	Studio 1	All	Lisa
0930-1015	Spin ***	Cardio	Spin Studio	All	Dave
1020-1120	Vinyassa Yoga	Holistic	Studio 1	All	Hannah
1030-1100	Synrgy **	Condi/Cardi	Functional	All	Leon
1045-1130	Aqua	Aqua	Pool	All	David
1130-1215	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1445-1600	Yoga & Relax	Holistic	Studio 2	All	Tricia
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1700-1745	Junior Bootcamp	Combat	Studio 2	8+	Elliot
1725-1755	Abs & Back Blast	Condi	Studio 1	All	Leon
1800-1840	Circuits	Condi	Studio 1	Int	James
1800-1840	PiYo	Condi	Studio 2	All	Natalie
1800-1840	Spin ***	Cardio	Spin Studio	All	Elliot
1845-1930	Zumba	Cardio	Studio 1	All	Natalie
1845-1925	Spin ***	Cardio	Spin Studio	All	Jason
1900-1930	Synrgy **	Condi/Cardi	Functional	All	James
1940-2035	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Studio 2	All	Suzanne

**TUESDAY 6TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Condi/Cardi	Studio 1	All	Safia
0930-1015	Yoga Principles	Holistic	Studio 2	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Physio	Studio 2	All	Matt
1115-1200	Aqua	Aqua	Pool	All	Charlotte
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre	Condi	Studio 1	All	Dawn
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1715-1800	Junior Bootcamp	Cardio	Studio 2	8+	James
1725-1755	H.I.I.T	Cardio	Studio 1	All	Leon
1815-1900	Pilates	Holistic	Studio 2	All	Natalie
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Natalie
1915-2000	Spin ***	Cardio	Spin Studio	All	Dave
2000-2045	Boxfit	Combat	Studio 2	All	Eugene
2000-2100	Vinyassa Yoga	Condi	Studio 1	All	Ruth

**WEDNESDAY 7TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Spin ***	Cardio	Spin Studio	All	Cem
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Low & Tone	Condi	Studio 2	Beg	Jenny B
1030-1115	Aqua	Aqua	Pool	All	Stacey
1200-1300	Coffee Club	Club	Restaurant	All	Members
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	Express Fitness Pilates	Condi	Studio 1	All	Cem
1810-1840	Synrgy **	Condi/Cardi	Functional	All	James
1815-1855	Spin ***	Cardio	Spin Studio	All	Cem
1845-2000	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1930	Metafit	Cardio	Studio 2	All	Elliot
1900-1940	Spin ***	Cardio	Spin Studio	All	Cem

**THURSDAY 8TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Pump ***	Condi	Studio 1	All	Cem
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1015-1100	Aqua	Aqua	Pool	All	Stacey
1030-1115	DDMIX	Dance	Studio 1	All	Bethan
1115-1200	Aqua	Aqua	Pool	All	Sarah
1130-1215	Chi Kung	Holistic	Studio 1	All	Joseph
1130-1215	Aerobics	Cardio	Studio 2	All	Bethan
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	James
1800-1845	Body Conditioning	Condi	Studio 1	All	Niki
1800-1845	Boxercise	Combat	Studio 2	Int	David
1900-1945	Zumba	Cardio	Studio 1	All	Laurence
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki

**FRIDAY 9TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Darriel
0945-1015	Synrgy **	Condi/Cardi	Functional	All	Darriel
1030-1115	Salsa	Dance	Studio 1	All	Franklyn
1030-1115	Spin ***	Cardio	Spin Studio	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Pilates	Holistic	Studio 2	All	Suzanne
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1600-1930	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1745-1830	Pump ***	Condi	Studio 1	All	Eugene
1745-1830	Fitness Pilates	Condi	Studio 2	All	Cem
1835-1920	Spin ***	Cardio	Spin Studio	All	Cem

**SATURDAY 10TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1300	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0850-0920	Synrgy **	Condi/Cardi	Functional	All	Gym
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
1030-1100	Metafit	Cardio	Studio 1	All	Michelle M
1115-1200	Zumba	Dance	Studio 1	All	Marc
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob

**SUNDAY 11TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	All	Glenn
0945-1030	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1130	Spin ***	Cardio	Spin Studio	All	Glenn
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1745	Tai Chi	Combat	Studio 1	All	Don
1800-1900	Pilates	Holistic	Studio 1	All	Michelle K

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Key	
**	Fast class, please arrive warmed up & ready to go
***	Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.
£:	There is an additional charge for these sessions.
■	Waterside Club.
■	Children's Class.

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**AUGUST TIMETABLE . WEEK THREE . MONDAY 12TH AUGUST - SUNDAY 18TH AUGUST 2019**

**MONDAY 12TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin Studio	All	Elliot
0930-1015	Zumba	Dance	Studio 1	All	Lisa
0930-1015	Spin ***	Cardio	Spin Studio	All	Dave
1000-1045	Aqua	Aqua	Pool	All	Stacey
1020-1120	Vinyassa Yoga	Holistic	Studio 1	All	Hannah
1045-1130	Aqua	Aqua	Pool	All	David
1130-1215	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1445-1600	Yoga & Relax	Holistic	Studio 2	All	Tricia
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1800-1840	Circuits	Condi	Studio 1	Int	James
1800-1840	PiYo	Condi	Studio 2	All	Natalie
1845-1930	Zumba	Cardio	Studio 1	All	Natalie
1845-1925	Spin ***	Cardio	Spin Studio	All	Jason
1900-1930	Syngry **	Condi/Cardi	Functional	All	Lee
1940-2035	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Studio 2	All	Suzanne
1945-2030	Aqua	Aqua	Pool	All	Stacey

**TUESDAY 13TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Condi/Cardi	Studio 1	All	Safia
0930-1015	Dance Floor Fillers	Dance	Studio 1	All	Kirsten
0930-1015	Yoga Principles	Holistic	Studio 2	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Physio	Studio 2	All	Matt
1115-1200	Aqua	Aqua	Pool	All	Charlotte
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre	Condi	Studio 1	All	Dawn
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1715-1800	Junior Bootcamp	Cardio	Studio 2	8+	James
1725-1755	H.I.I.T	Cardio	Studio 1	All	Cem
1815-1900	Body Conditioning	Condi	Studio 1	All	Michelle M
1815-1900	Pilates	Holistic	Studio 2	All	Natalie
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Natalie
1915-2000	Spin ***	Cardio	Spin Studio	All	Dave
2000-2045	Boxfit	Combat	Studio 2	All	Eugene
2000-2100	Vinyassa Yoga	Condi	Studio 1	All	Ruth

**WEDNESDAY 14TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Zumba	Dance	Studio 1	All	Dionne
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Aqua	Aqua	Pool	All	Stacey
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1200-1300	Coffee Club	Club	Restaurant	All	Members
1230-1315	Legs, Bums & Tums	Condi	Studio 1	All	Safia
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	Express Fitness Pilates	Condi	Studio 1	All	Cem
1810-1840	Syngry **	Condi/Cardi	Functional	All	James
1815-1855	Spin ***	Cardio	Spin Studio	All	Cem
1845-2000	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1930	Metafit	Cardio	Studio 2	All	Elliot

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**THURSDAY 15TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Pump ***	Condi	Studio 1	All	Cem
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0930-1015	Body Conditioning	Condi	Studio 2	All	Michelle M
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1015-1100	Aqua	Aqua	Pool	All	Stacey
1030-1115	DDMIX	Dance	Studio 1	All	Bethan
1115-1200	Aqua	Aqua	Pool	All	Sarah
1130-1215	Chi Kung	Holistic	Studio 1	All	Joseph
1130-1215	Aerobics	Cardio	Studio 2	All	Bethan
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	James
1800-1845	Body Conditioning	Condi	Studio 1	All	Niki
1800-1845	Boxercise	Combat	Studio 2	Int	David
1800-1900	Spin ***	Cardio	Spin Studio	All	Scott
1900-1945	Zumba	Cardio	Studio 1	All	Laurence
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
2000-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

**FRIDAY 16TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Darriel
0930-1015	Circuits	Condi	Studio 1	All	Dawn
0945-1015	Syngry **	Condi/Cardi	Functional	All	Darriel
1030-1115	Salsa	Dance	Studio 1	All	Franklyn
1030-1115	Low & Tone	Condi	Studio 2	Beg	Dawn
1030-1115	Spin ***	Cardio	Spin Studio	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Low & Tone	Condi	Studio 1	Beg	Dawn
1130-1215	Pilates	Holistic	Studio 2	All	Suzanne
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1600-1930	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1745-1830	Fitness Pilates	Condi	Studio 2	All	Cem
1835-1920	Spin ***	Cardio	Spin Studio	All	Cem

**SATURDAY 17TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1300	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0850-0920	Syngry **	Condi/Cardi	Functional	All	Gym
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
1030-1100	Metafit	Cardio	Studio 1	All	Michelle M
1115-1200	Zumba	Dance	Studio 1	All	Marc
1130-1215	Fitball	Condi	Studio 2	All	Dawn
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob

**SUNDAY 18TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	All	Glenn
0945-1030	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1130	Spin ***	Cardio	Spin Studio	All	Glenn
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1745	Tai Chi	Combat	Studio 1	All	Don
1715-1745	Syngry **	Condi/Cardi	Functional	All	Leon
1800-1900	Pilates	Holistic	Studio 1	All	Michelle K

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**Key**

- \*\* Fast class, please arrive warmed up & ready to go
- \*\*\* Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.

£: There is an additional charge for these sessions.

Waterside Club.

Children's Class.



**AUGUST TIMETABLE . WEEK FOUR . MONDAY 19TH AUGUST - SUNDAY 25TH AUGUST 2019**

**MONDAY 19TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin Studio	All	Elliot
0930-1015	Zumba	Dance	Studio 1	All	Lisa
0930-1015	Spin ***	Cardio	Spin Studio	All	Dave
1020-1120	Vinyassa Yoga	Holistic	Studio 1	All	Hannah
1030-1100	Synrgy **	Condi/Cardi	Functional	All	Leon
1045-1130	Aqua	Aqua	Pool	All	David
1130-1215	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1445-1600	Yoga & Relax	Holistic	Studio 2	All	Tricia
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1700-1745	Junior Bootcamp	Combat	Studio 2	8+	Elliot
1725-1755	Abs & Back Blast	Condi	Studio 1	All	Leon
1800-1840	Circuits	Condi	Studio 1	Int	James
1800-1840	PiYo	Condi	Studio 2	All	Natalie
1800-1840	Spin ***	Cardio	Spin Studio	All	Elliot
1845-1930	Zumba	Cardio	Studio 1	All	Natalie
1845-1925	Spin ***	Cardio	Spin Studio	All	Jason
1900-1930	Synrgy **	Condi/Cardi	Functional	All	Lee
1940-2035	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Studio 2	All	Suzanne

**TUESDAY 20TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Dance Floor Fillers	Dance	Studio 1	All	Kirsten
0930-1015	Yoga Principles	Holistic	Studio 2	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Physio	Studio 2	All	Matt
1115-1200	Aqua	Aqua	Pool	All	Charlotte
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre	Condi	Studio 1	All	Dawn
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1715-1800	Junior Bootcamp	Cardio	Studio 2	8+	James
1725-1755	H.I.L.T	Cardio	Studio 1	All	Elliot
1815-1900	Body Conditioning	Condi	Studio 1	All	Michelle M
1815-1900	Pilates	Holistic	Studio 2	All	Natalie
1900-1945	Legs, Bums & Tums	Cardio	Studio 2	All	Niki
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Natalie
1915-2000	Spin ***	Cardio	Spin Studio	All	Dave
2000-2045	Boxfit	Combat	Studio 2	All	Eugene
2000-2100	Vinyassa Yoga	Condi	Studio 1	All	Ruth

**WEDNESDAY 21ST AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Zumba	Dance	Studio 1	All	Dionne
0930-1015	Spin ***	Cardio	Spin Studio	All	Lee
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1200-1300	Coffee Club	Club	Restaurant	All	Members
1230-1315	Legs, Bums & Tums	Condi	Studio 1	All	Safia
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	Express Fitness Pilates	Condi	Studio 1	All	Cem
1800-1840	Barre	Condi	Studio 1	All	Dawn
1810-1840	Synrgy **	Condi/Cardi	Functional	All	James
1815-1855	Spin ***	Cardio	Spin Studio	All	Cem
1845-2000	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1930	Metafit	Cardio	Studio 2	All	Elliot
1900-1940	Spin ***	Cardio	Spin Studio	All	Scott
1900-1930	Express Aqua	Aqua	Pool	All	Dawn
1945-2030	Fitball	Condi	Studio 2	All	Dawn

**THURSDAY 22ND AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Pump ***	Condi	Studio 1	All	Cem
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0930-1015	Body Conditioning	Condi	Studio 2	All	Michelle M
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1030-1115	DDMIX	Dance	Studio 1	All	Bethan
1115-1200	Aqua	Aqua	Pool	All	Sarah
1130-1215	Chi Kung	Holistic	Studio 1	All	Joseph
1130-1215	Aerobics	Cardio	Studio 2	All	Bethan
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	H.I.L.T	Cardio	Studio 1	All	James
1800-1845	Body Conditioning	Condi	Studio 1	All	Niki
1800-1845	Boxercise	Combat	Studio 2	Int	David
1800-1845	Spin ***	Cardio	Spin Studio	All	Scott
1900-1945	Zumba	Cardio	Studio 1	All	Laurence
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
2000-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

**FRIDAY 23RD AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
1030-1115	Salsa	Dance	Studio 1	All	Franklyn
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1600-1930	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1745-1830	Fitness Pilates	Condi	Studio 2	All	Cem
1835-1920	Spin ***	Cardio	Spin Studio	All	Helen

**SATURDAY 24TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1300	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0850-0920	Synrgy **	Condi/Cardi	Functional	All	Gym
1115-1200	Zumba	Dance	Studio 1	All	Marc
1130-1215	Fitball	Condi	Studio 2	All	Dawn
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob

**SUNDAY 25TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	All	Glenn
1030-1130	Spin ***	Cardio	Spin Studio	All	Glenn
1715-1745	Synrgy **	Condi/Cardi	Functional	All	Leon
1800-1900	Pilates	Holistic	Studio 1	All	Michelle K

**Key**

- \*\* Fast class, please arrive warmed up & ready to go
- \*\*\* Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.

£: There is an additional charge for these sessions.

Waterside Club.

Children's Class.

For further information on Total Swimming, please call 0161 764 2224



**AUGUST TIMETABLE . WEEK FIVE . MONDAY 26TH AUGUST - SUNDAY 1ST SEPTEMBER 2019**

**BANK HOLIDAY MONDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Zumba	Dance	Studio 1	All	Lisa
0930-1015	Spin ***	Cardio	Spin Studio	All	Dave
1000-1045	Aqua	Aqua	Pool	All	Stacey
1130-1215	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1800-1840	Circuits	Condi	Studio 1	All	Gym
1900-1930	Synrgy **	Condi/Cardi	Functional	All	Gym

**TUESDAY 27TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Safia
0930-1015	Dance Floor Fillers	Dance	Studio 1	All	Kirsten
0930-1015	Yoga Principles	Holistic	Studio 2	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Jason
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Physio	Studio 2	All	Matt
1115-1200	Aqua	Aqua	Pool	All	Charlotte
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre	Condi	Studio 1	All	Dawn
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	Leon
1815-1900	Body Conditioning	Condi	Studio 1	All	Marc
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
1915-2000	Spin ***	Cardio	Spin Studio	All	Dave
2000-2045	Boxfit	Combat	Studio 2	All	Eugene
2000-2100	Vinyassa Yoga	Condi	Studio 1	All	Ruth

**WEDNESDAY 28TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Spin ***	Cardio	Spin Studio	All	Lee
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Aqua	Aqua	Pool	All	Stacey
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1200-1300	Coffee Club	Club	Restaurant	All	Members
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	Express Fitness Pilates	Condi	Studio 1	All	Cem
1800-1840	Barre	Condi	Studio 1	All	Dawn
1810-1840	Synrgy **	Condi/Cardi	Functional	All	James
1815-1855	Spin ***	Cardio	Spin Studio	All	Cem
1845-2000	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1930	Metafit	Cardio	Studio 2	All	Elliot
1900-1940	Spin ***	Cardio	Spin Studio	All	Scott
1900-1930	Express Aqua	Aqua	Pool	All	Dawn
1945-2030	Fitball	Condi	Studio 2	All	Dawn

**THURSDAY 29TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Pump ***	Condi	Studio 1	All	Cem
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0930-1015	Body Conditioning	Condi	Studio 2	All	Michelle M
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1015-1100	Aqua	Aqua	Pool	All	Stacey
1030-1115	DDMIX	Dance	Studio 1	All	Bethan
1115-1200	Aqua	Aqua	Pool	All	Sarah
1130-1215	Chi Kung	Holistic	Studio 1	All	Joseph
1130-1215	Aerobics	Cardio	Studio 2	All	Bethan
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	James
1800-1845	Body Conditioning	Condi	Studio 1	All	Niki
1800-1845	Boxercise	Combat	Studio 2	Int	David
1800-1845	Spin ***	Cardio	Spin Studio	All	Scott
1900-1945	Zumba	Cardio	Studio 1	All	Laurence
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
2000-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

**FRIDAY 30TH AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Darriel
0930-1015	Circuits	Condi	Studio 1	All	Dawn
0945-1015	Synrgy **	Condi/Cardi	Functional	All	Darriel
1030-1115	Salsa	Dance	Studio 1	All	Franklyn
1030-1115	Low & Tone	Condi	Studio 2	Beg	Dawn
1030-1115	Spin ***	Cardio	Spin Studio	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Low & Tone	Condi	Studio 1	Beg	Dawn
1130-1215	Pilates	Holistic	Studio 2	All	Suzanne
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1600-1930	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1745-1830	Pump ***	Condi	Studio 1	All	Eugene
1835-1920	Spin ***	Cardio	Spin Studio	All	Helen

**SATURDAY 31ST AUGUST**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1300	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0850-0920	Synrgy **	Condi/Cardi	Functional	All	Gym
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
1030-1100	Metafit	Cardio	Studio 1	All	Michelle M
1115-1200	Zumba	Dance	Studio 1	All	Marc
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob

**SUNDAY 1ST SEPTEMBER**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	All	Glenn
0945-1030	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1130	Spin ***	Cardio	Spin Studio	All	Glenn
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1745	Tai Chi	Combat	Studio 1	All	Don
1715-1745	Synrgy **	Condi/Cardi	Functional	All	Leon
1800-1900	Pilates	Holistic	Studio 1	All	Michelle K

THE NEW TIMETABLE WILL START ON MONDAY 2ND SEPTEMBER.