Christmas Programmes Sat 20 Dec-Sun 4 Jan 2015



JUL

Centre Opening Times December

Saturday 20	8.00am-4.00pm
Sunday 21	8.00am-4.00pm
Monday 22	8.00am-4.00pm
Tuesday 23	8.00am-4.00pm
Wednesday 24	8.00am-4.00pm
Thursday 25	CLOSED
Friday 26	CLOSED
Saturday 27	8.00am-4.00pm

Sunday 28 Monday 29 Tuesday 30 Wednesday 31 January

Thursday 1 CLOSED

8.00am-4.00pm

8.00am-4.00pm

8.00am-4.00pm

8.00am-4.00pm

Friday 2 onwards normal hours (Pool & Gym last entry 30 minutes before closing time)



Terms and Conditions apply

Swimming Timetable Saturday 20 December

8.00-11.30am Swim Academy 11.30-4.00pm Public Swimming

Sunday 21 December

8.00-11.00am Public Swimming 11.00-12noon Wet & Wacky 12.00-4.00pm Public Swimming

Monday 22 December

8.00-9.00am Adults Only 9.00-11.00am Public Swimming 11.00-12.00noon Wet & Wacky 12.00-4.00pm Public Swimming

Tuesday 23 December

8.00-9.00am Adults Only 9.00-11.00am Public Swimming 11.00-12.00noon Wet & Wacky 12.00-4.00pm Public Swimming

Wednesday 24 December

8.00-9.00am Adults Only 9 00-11 00am Public Swimming 11.00-12.00noon Wet & Wacky 12.00-4.00pm Public Swimming

Thursday 25 December Closed Friday 26 December Closed

Saturday 27 December 8.0

8.00-11.00am	Public Swimming
11.00-12noon	Wet & Wacky
12.00-4.00pm	Public Swimming

Sunday 28 December 8.0

8.00-11.00am	Public Swimming
11.00-12noon	Wet & Wacky
12.00-4.00pm	Public Swimming

Monday 29 December

8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming

Tuesday 30 December

8.00-9.00am	Adults Only
.00-11.00am	Public Swimming
1.00-12.00noon	Wet & Wacky
2.00-4.00pm	Public Swimming

Wednesday 31 December

3.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
1.00-12.00noon	Wet & Wacky
l2.00-4.00pm	Public Swimming

Thursday 1 January CLOSED

Friday 2 January

6.30-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-2.30pm	Public Swimming
2.30-3.45pm	Public Swimming
	(Fit & Fifty)
3.45-9.00pm	Public Swimming

Saturday 3 January

8.00-11.00am Public Swimming 11.00-12.00noon Wet & Wacky 12.00-4.30pm Public Swimming 5.15-6.30pm Club Booking

Sunday 4 January

8.00-11.00am Public Swimming 11.00-12.00noon Wet & Wacky 12.00-6.30pm Public Swimming Swim & Chill Adults only 6.30-8.00pm

New Swimming Timetable and Swimming Lessons start on Monday 5 January 2015



Jeanette

Pippa

Claire

Paula

Claire

Michelle

Michelle

Sarah

Becky

Amba

Naomi

Nathar

Pippa

Pippa

Claire

Paula

Michelle

Michelle

Rachel

Rachel

Garv

Paula

Lucie

Rachel

Pippa

Mina

Class Timetable Saturday 20 December

8.00-8.55am	Swim Fit	
9.00-9.55am	Hatha Yoga	
9.30-10.15am	Spinning	
10.00-10.55am	Starter Circuits	
10.20-10.50am	Spinning	
Sunday 21 Decen	nber	
9.25-9.55am	Spinning	
10.00-10.30am	Spinning	
11.00-11.55am	Zumba	
Monday 22 December		
9.30-10.15am	Spinning	
10.30-11.25am	Yoga	
Tuesday 23 December		
9.30-10.15am	Spinning	

10.30-11.25am Body Conditioning Wednesday 24 December

9.30-10.15am Spinning 10.30-11.25am Hatha Yoga

Thursday 25 December CLOSED

Friday 26 December CLOSED

Saturday 27 December 9.00-9.55am Hatha Yoga 9.30-10.15am Spinning 10.00-10.55am Starter Circuits

Sunday 28 December 9.30-10.15am Spinning 10.20-11.15am Circuits

Monday 29 December 9.30-10.00am Spinning

10.05-11.00am Legs, Bums & Tums **Tuesday 30 December** 9.30-10.25am Body Circuits Blast 10.30-11.25am

Wednesday 31 December 9.00-9.30am Spinning 9.30-10.25am Body Conditioning Hatha Yoga

Thursday 1 January CLOSED

Friday 2 onwards normal hours **New Class Timetable starts**





You can choose to pay monthly by Direct Debit* or get 12 months for the price of 11 with



Christmas Programmes Sat 20-31 December 2014

Sir David English

Centre Opening Times

December Saturday 20 9.00am-5.00pm Sunday 21 9.00am-5.00pm Monday 22 9.00am-5.00pm Tuesday 23 9.00am-5.00pm Wednesday 24 9.00am-5.00pm **Thursday 25 CLOSED**

Friday 26 CLOSED

9.00am-5.00pm Saturday 27 Sundav 28 9.00am-5.00pm 9.00am-5.00pm Monday 29 Tuesday 30 9.00am-5.00pm Wednesday 31 9.00am-5.00pm January

Thursday 1 CLOSE

Friday 2 onwards normal hours Gym - last entry 30 minutes before Centre closing time



Saturday 20

Sunday 21

Monday 22

Tuesday 23

Wednesday 24

Thursday 25

Saturday 27

Sunday 28

Monday 29

Tuesday 30

Thursday 1

Wednesday 31

Fridav 26

Pilates

on Friday 2 January 2015

10.30-11.25am

Class Timetable

- Athletic Conditioning Circuits
- Core Conditioning
- Legs, Bums & Tums Legs, Bums & Tums Pilates
- **Body Conditioning CLOSED CLOSED**
- **No Classes**
- Circuits Core Conditioning Legs, Bums & Tums Legs, Bums & Tums
- Pilates
- **CLOSED** New Class Timetable starts on Friday 2 January 2015



9.30-10.25am

9.30-10.00am 10.05-10.30am 9.30-10.25am 9.30-10.25am 10.30-11.25am

9.30-10.25am

Adam Tom Tom Kit Rachel Brigitte

Laura

Tom Tom Mandy Kit Brigitte

Laura



Body Conditioning

Christmas Programmes Sat 20 December-Sun 4 January 2015



Pool Opening Times

S

ecember		
aturday 20	Swimming Main Pool Only	9.00-6.00pm
unday 21	Swimming Main Pool Only	9.00-6.00pm
1onday 22	Swimming Main Pool Only	7.00-7.00pm
uesday 23	Swimming Main Pool Only	7.00-7.00pm
Vednesday 24	Swimming Main Pool Only	7.00-5.00pm
hursday 25	CLOSED	
riday 26	CLOSED	
aturday 27	Swimming Main Pool Only	9.00-6.00pm
unday 28	Swimming Main Pool Only	9.00-6.00pm
1onday 29	Swimming Main Pool Only	7.00-7.00pm
uesday 30	Swimming Main Pool Only	7.00-7.00pm
Vednesday 31	Swimming Main Pool Only	7.00-5.00pm
anuary		
hursday 1	CLOSED	
riday 2	Public Swimming	7.00-10.00pm
aturday 3	Public Swimming	9.00-11.30am
	Wet & Wacky Session (1)	11.50-1.00pm
	Session (2)	1.20-2.30pm
	Session (3)	2.50-4.00pm
	Public Swimming	4.15-6.00pm
unday 4	Public Swimming	9.00-11.30am
	Wet & Wacky Session (1)	11.50-1.00pm
	Session (2)	1.20-2.30pm
	Session (3)	2.50-4.00pm
	Public Swimming	4.15-6.00pm
VATER SLIDES		
riday 2 Jan	Open from 11.00am	

Sat 3 & Sun 4 Jan Open from 11.50am

CLOSED

CLOSED

Last entry to pool & spa - 30 minutes before closing time

The Gym

December Saturday 20 Sunday 21

Monday 22 Tuesday 23 Wednesday 24 Thursday 25

Friday 26

Saturday 27 Sunday 28 Monday 29 Tuesday 30 Wednesday 31



The teaching pool

splash pool and

waterslides will be

closed for essential

maintenance from:

Saturday 20 December-

Thursday 1 January.

MAIN POOL

OPEN AS USUAL

January **CLOSED Thursday 1**

Last entry to gym-30 minutes before closing time normal hours from Friday 2 January

Class Timotable

Class Timetable			
Saturday 20 De		~	01
8.00-8.50am	INSANITY	Sue	S1
9.30-10.00am	Christmas killer Core	Sue Becky W	S1 SS
9.30-10.00am 10.05-10.35am	Spinning Spinning	Becky W	SS
11.05-12.00pm	BodyPump	Laura	S1
Sunday 21 Dece		Luuru	51
8.00-8.50am	INSANITY	Nicki	S1
9.00-9.55am	Circuits	Paula	S1
9.00-9.45am	Spinning	Elliot	SS
9.50-10.20am	Spinning	Elliot	SS
10.00-10.55am	Pilates	Paula	S1
Monday 22 Dec		A alui a a	MIL
7.00-7.30am 9.30-10.25am	INSANITY Festive LBT	Adrian Gina	MH S1
9.30-10.25am	Spinning	Claire V	SS
10.05-10.35am	Spinning	Claire V	SS
10.30-11.25am	Christmas Conditioning	Gina	S1
5.30-5.55pm	Christmas Killer Core	Sue	S1
6.00-6.55pm	Ashtanga Yoga	Ulrike	S1
6.00-6.55pm	Circuits	Sue	MH
Tuesday 23 Dec			
7.00-7.30am	INSANITY	Nicki	MH
9.30-10.25am	BodyCombat	JoL	S1
9.30-10.00am	Spinning	Debbie	SS
10.05-10.35am	Spinning	Debbie	SS
10.30-11.25am 6.00-6.55pm	BodyBalance BodyCombat	Jo L Jo L	S1 S1
6.00-6.55pm	Circuits	Adrian	MH
Wednesday 24		Adrian	1.11.1
9.30-10.25am	Metafit	Lou	S1
9.30-10.00am	Spinning	Mina	SS
10.05-10.35am	Spinning	Mina	SS
10.30-11.15am	Zumba Christmas Party	Laura	S1
Thursday 25 De		CLOSED	
Friday 26 Decei		CLOSED	
Saturday 27 Dec		Cure	C1
8.00-8.50am 9.30-10.00am	INSANITY Killer Core	Sue Sue	S1 S1
9.30-10.00am	Spinning	Becky W	SS
10.05-10.35am	Spinning	Becky W	SS
	Body Conditioning	Kit	S1
Sunday 28 Dece			
8.00-8.50am	INSANITY	Sue	S1
9.00-9.55am	Circuits		01
0.00.045.000		Paula	S1
9.00-9.45am	Spinning	Elliot	SS
9.50-10.20am	Spinning Spinning	Elliot Elliot	SS SS
9.50-10.20am 10.00-10.55am	Spinning Spinning Pilates	Elliot	SS
9.50-10.20am 10.00-10.55am Monday 29 Dec	Spinning Spinning Pilates ember	Elliot Elliot Paula	SS SS S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am	Spinning Spinning Pilates ember INSANITY	Elliot Elliot Paula Adrian	SS SS S1 MH
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums	Elliot Elliot Paula Adrian Gina	SS SS S1 MH S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning	Elliot Elliot Paula Adrian Gina Claire V	SS SS S1 MH S1 SS
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Spinning	Elliot Elliot Paula Adrian Gina	SS SS S1 MH S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V	SS SS S1 MH S1 SS SS
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Spinning Body Conditioning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina	SS SS S1 MH S1 SS SS S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm 6.00-6.55pm	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue	SS SS S1 MH S1 SS SS S1 S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue	SS SS S1 MH S1 SS SS S1 S1 S1 MH
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Sue	SS S1 MH S1 SS S1 S1 S1 S1 MH MH
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Sue Jo L	SS SS S1 MH S1 SS SS S1 S1 S1 MH MH S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits cember INSANITY BodyCombat Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Sue Jo L Debbie	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.25am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS SS SS
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning BodyBalance	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie Jo L	SS SS S1 MH S1 SS S1 S1 S1 MH S1 SS S2 S1 MH
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.25am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS SS SS
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.25am 10.05-10.35am 10.30-11.25am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning BodyBalance BodyCombat Circuits	Elliot Elliot Paula Adrian Gina Claire V Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie Jo L Jo L	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS SS S1 S1 S1 S1 S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.25am 10.30-11.25am 6.00-6.55pm 6.00-6.55pm	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning BodyBalance BodyCombat Circuits	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Ulrike Sue Jo L Debbie Debbie Jo L Jo L Adrian	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS SS S1 S1 S1 S1 S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.30-11.25am 6.00-6.55pm Wednesday 31 [9.30-10.00am 9.30-10.00am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning BodyBalance BodyCombat Circuits December Metafit Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie Jo L Jo L Adrian Lou Mina	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS S1 MH S1 SS S1 MH S1 SS S1 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.25am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm 7.00-7.30am 9.30-10.25am 9.30-10.25am 9.30-10.00am 10.05-10.35am 0.00-6.55pm Wednesday 31 I 9.30-10.00am 9.30-10.00am 9.30-10.00am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning BodyBalance BodyCombat Circuits December Metafit Spinning Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie Jo L Jo L Adrian Lou Mina Mina	SS SS S1 MH S1 SS S1 S1 S1 S1 S1 MH S1 SS S1 S1 MH S1 SS S5 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1 S2 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1
9.50-10.20am 10.00-10.55am Monday 29 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.05-10.35am 10.30-11.25am 5.30-5.55pm 6.00-6.55pm Tuesday 30 Dec 7.00-7.30am 9.30-10.25am 9.30-10.00am 10.30-11.25am 6.00-6.55pm Wednesday 31 [9.30-10.00am 9.30-10.00am	Spinning Spinning Pilates ember INSANITY Legs, Bums & Tums Spinning Body Conditioning Killer Core Ashtanga Yoga Circuits ember INSANITY BodyCombat Spinning Spinning BodyBalance BodyCombat Circuits December Metafit Spinning	Elliot Elliot Paula Adrian Gina Claire V Claire V Gina Sue Ulrike Sue Jo L Debbie Debbie Jo L Jo L Adrian Lou Mina Mina	SS SS S1 MH S1 SS SS S1 S1 S1 MH S1 SS S1 MH S1 SS S1 MH S1 SS S1 S1 S1 S1 S1 S1 S1 S1 S1 S1 S1

Thursday 1 January

New Class Timetable starts on Friday 2 January 2015

CLOSED

1ain Hall

Class Locati	ons	
S1 Studio 1	SS Spin Studio	MH M

11.15-12noon Pelhams Par **Centre Opening Times**

Junior Activities

Wet & Wacky Family Fun Sessions in the Pool see pool timetable left.Have fun in the pool with inflatable swimming pool toys, giant play mats and the two waterslides. Background music to add to the atmosphere!

Creché

Closed Monday 22 December to Friday 2 January inclusive Creché re-opens Monday 5 January

Mini Gym (15 months - School Age) Structured introduction to gymnastics, learning basic skills using actual gymnastics equipment and soft play. £4.80 per child Monday 22 December 10.25-11.10am &



The swimming pools will be closed for essential maintenance Mondav 22-Wednesday 24

	ing fines	December 🖊
December		
Saturday 20	8.00am-5.00pm	
Sunday 21	8.00am-5.00pm	
Monday 22	8.00am-5.00pm	(Pools closed for maintenance)
Fuesday 23	8.00am-5.00pm	(Pools closed for maintenance)
Wednesday 24	8.00am-4.00pm	(Pools closed for maintenance)
Fhursday 25	CLOSED	
Friday 26	CLOSED	
Saturday 27	8.00am-5.00pm	
Sunday 28	8.00am-5.00pm	
Monday 29	8.00am-5.00pm	
Tuesday 30	8.00am-5.00pm	
Wednesday 31	8.00am-4.00pm	
January		
Thursday 1	CLOSED	
-ridav 2 onwar	ds normal hours	
· · · · · · · · · · · · · · · · · · ·		inutes before closing time)
The swimming	pools will be clo	sed for essential maintenance
Monday 22-W	ednesday 24 Dec	ember inclusive.
Swimming		

Swimming

Swimming Pools Saturday 20 & Sunday 21 and Saturday 27 to Wednesday 31 December are available all day, every day for general swimming (no closed sessions)

New Swimming Timetable starts on Friday 2 January 2015 Swimming Lessons start on Saturday 3 January 2015



Kidagility (15 months - School Age) Elementary gymnastics instruction, soft play and inflatable bouncer £4.80 per child Friday 2 January 9.30 - 10.15am & 10.25 - 11.10am

AFC Bournemouth Community Sports Trust Soccer School

(7 to 14 yrs) 10.00am - 3.00pm £10 per day Tuesday 23 & 30 December & Friday 2 January To book please contact: Steve Cuss on (01202) 726342, 07973 893594 or email: steve.cuss@afcb.co.uk

Martin Sheppards Football Academy

(7 to 14yrs) £10 per day Tournament Days 10.00am - 3.00pm Monday 22 & 29 December To book please contact: Martin Sheppard 07745 835 702 email: sheppardcoaching@hotmail.com

Christmas Programmes Sat 20-Wed 31 Dec 2014

Class Timetable Saturday 20 December 20/20/20 9.00-9.55am 10.05-10.35am Spinning 10.05-11.00am BodyPump Sunday 21 December 9.20-10.15am Body Conditioning Monday 22 December 9.20-10.15am BodyPump 9.20-10.15am Legs, Bums & Tums 10.35-11.20am Spinning 11.30-12.25pm Pilates **Tuesday 23 December** 9.20-10.15am Body Conditioning 10.35-11.20am Spinning 10.35-11.20am Swiss Ball Wednesday 24 December 9.20-10.15am BodyBalance 10.35-11.30am BodyPump Thursday 25 December Friday 26 December Saturday 27 December 9.00-9.55am 20/20/20 10.05-10.35am Spinning 10.05-11.00am BodyPump Sunday 28 December 9.20-10.15am Body Conditioning Monday 29 December 9.20-10.15am BodyPump 9.20-10.15am Legs, Bums & Tums 10.35-11.20am Spinning 11.30-12.25pm Pilates **Tuesday 30 December** 9.20-10.15am Body Conditioning 10.35-11.20am Spinning 10.35-11.20am Swiss Ball Wednesday 31 December

9.20-10.15am

10.35-11.30am

Claire Michelle Claire

Magda

Laura Kate Laura Magda

Magda Magda Kate

Maxine Maxine CLOSED **CLOSED**

Magda Michelle Magda

Magda

Maxine Kate Kate Kate

Rachel Rachel Kate

Maxine Maxine

Thursday 1 January **CLOSED** New Class Timetable starts on Friday 2 January 2015

BodyBalance

BodyPump

