

SWIMMING POOL TIMETABLE

Feb 2020

| Monday | Tuesday | Wednesday |
|--|--|--|
| Members swim 07:00-10:00 Pool | Aquafit 07:00-07:45 Pool | Members swim 07:00-10:00 Pool |
| Aquafit 10:00-10:30 Pool | Members swim 08:00-09:00 Pool | Senior Aquafit 10:00-10:30 Pool |
| Swim lesson (toddler) 11:30-12:00 Pool | Swim lesson (toddler) 10:30-11:00 Pool | Swim lesson (toddler) 11:30-12:00 Pool |
| Members swim 12:00-13:00 Pool | Members swim 11:30-12:30 Pool | Members swim 12:00-13:30 Pool |
| Members swim 20:00-21:00 Pool | Adult Swim lessons 12:30-13:30 Pool | Swim lessons 17:00-18:30 Pool |
| | Members swim 18:30-19:00 Pool | Swim fit 19:15-20:00 Pool |
| | Members swim 20:00-21:00 Pool | Members swim 20:00-21:00 Pool |
| Thursday | Friday | Saturday |
| Members swim 07:00-10:30 Pool | Members swim 07:00-08:30 Pool | Swim lessons 08:00-10:30 Pool |
| Aquafit 10:30-11:00 Pool | Members swim 11:00-13:00 Pool | Members swim 11:00-12:00 Pool |
| Members swim 11:00-12:30 Pool | Swim lesson (toddler) 13:30-14:00 Pool | Fun Session **NEW!! 14:00-15:00 Pool |
| Members swim 20:00-21:00 Pool | Members swim 18:00-19:00 Pool | Members swim 15:00-16:00 Pool |
| | | Sunday |
| | | Members swim 10:00-10:30 Pool |
| | | Swim lessons 10:30-12:00 Pool |
| | | Fun Session 12:00-13:00 Pool |
| | | Members swim 13:00-14:00 Pool |

*** Please arrive 10 minutes before start

GP REFERRAL TIMETABLE

| Monday | Tuesday | Wednesday |
|-------------------------------------|--|--|
| GP Referral - Gym 12:00-13:00 Gym | Senior Active 12:30-13:15 Studio | GP Referral - Gym 10:00-11:00 Gym |
| GP Referral - Swim 13:00-13:30 Pool | Move to Improve *** 13:30-14:15 Studio | GP Referral - Hydro Fitness 11:00-11:30 Pool |
| | | Stand and Balance *** 11:45-12:30 Studio |
| Thursday | Friday | Saturday |
| GP Referral - Gym 12:00-13:00 Gym | Senior Active 13:15-14:00 Studio | GP Referral - Gym 13:00-14:00 Gym |
| GP Referral - Swim 13:00-13:30 Pool | Move to Improve *** 14:15-15:00 Studio | |

Open Weekdays

07.00– 14.00, 18.00– 21.00

Weekends

Sat - 08.00– 18.00* & Sun– 10:00– 18:00*

*Last Entry 17:00 at weekends



SWIM SCHOOL BEGINNER TO ADULT LESSONS

T: 01935 810548 E: gym@sherborne.org

www.sherbornesports.co.uk

SHERBORNE

Sports Centre



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GROUP FITNESS CLASS TIMETABLE

 **New**

Feb 2020

| Monday | | | Tuesday | | | Wednesday | | |
|-----------------------|-------------|------------|---|-------------|------------|-----------------------|-------------|------------|
| Bootcamp | 07:00-07:45 | Hall | Aquafit | 07:00-07:45 | Pool | Barbelles (ladies) | 07:00-07:45 | Hall |
| Aquafit | 10:00-10:30 | Pool | Dancefit * | 09:20-10:20 | Studio | Pilates ** | 09:30-10:30 | Studio |
| Flex-a-cise | 10:00-11:00 | Studio | Zumba Gold * | 10:25-11:25 | Studio | Senior Aquafit | 10:00-10:30 | Pool |
| Body Conditioning | 11:00-12:00 | Studio | Swim lesson (toddler) | 10:30-11:00 | Pool | Pilates ** | 10:30-11:30 | Studio |
| Swim lesson (toddler) | 11:30-12:00 | Pool | Barre Fitness | 11:30-12:15 | Studio | Indoor Cycling | 11:00-11:45 | Cycle Zone |
| Express Pilates | 12:00-12:45 | Studio | Adult Swim lessons | 12:30-13:30 | Pool | Swim lesson (toddler) | 11:30-12:00 | Pool |
| Step | 18:00-19:00 | Studio | Senior Active | 12:30-13:15 | Studio | Stand and Balance | 11:45-12:30 | Studio |
| Indoor Cycling | 18:00-18:45 | Cycle Zone | Stand and Balance | 13:30-14:15 | Studio | Swim lessons | 17:00-18:30 | Pool |
| Walking Football | 18:00-19:00 | Hall | Pilates (Scout hut) | 15:00-16:00 | Scout Hut | Boxercise | 18:00-19:00 | Studio |
| WOWW! | 19:00-19:45 | Studio | Indoor Cycling | 18:00-18:45 | Cycle Zone | Indoor Cycling | 18:00-18:45 | Cycle Zone |
| Social Badminton | 19:00-20:00 | Hall | Run Fit | 18:00-19:00 | Hall | Chi Yoga (6 weeks) | 19:00-20:00 | Studio |
| | | | Pilates | 18:00-19:00 | Studio | Swim Fit | 19:15-20:00 | Pool |
| | | | StrongFit | 19:00-20:00 | Hall | | | |
| | | | Improver Pilates | 19:00-20:00 | Studio | | | |
| Thursday | | | Friday | | | Saturday | | |
| Pilates ** | 09:30-10:30 | Studio | Indoor Cycling | 10:00-10:45 | Cycle Zone | Swim lessons | 08:00-10:30 | Pool |
| Aquafit | 10:30-11:00 | Pool | Swim lesson (toddler) | 13:30-14:00 | Pool | Dynamic YOGA | 09:30-10:30 | Studio |
| Pilates ** | 10:30-11:30 | Studio | Senior Active | 13:15-14:00 | Studio | Dynamic YOGA | 11:00-12:00 | Studio |
| Indoor Cycling | 18:00-18:45 | Cycle Zone | Move to Improve *** | 14:15-15:00 | Studio | Indoor Cycling | 12:00-12:45 | Cycle Zone |
| Kettlecise | 18:00-18:45 | Studio | | | | Sunday | | |
| Indoor Football | 18:00-19:00 | Hall | | | | Tai Chi | 11:00-12:00 | Studio |
| Dynamic YOGA | 19:00-20:00 | Studio | *** Please arrive 10 minutes before start | | | Swim lessons | 10:30-12:00 | Pool |
| | | | | | | Teen Fit | 14:00-16:00 | Gym |

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|----------------------------|
| Studio - Low/Med Intensity |
| Studio - High Intensity |
| Cycle Zone |
| Pool |

* Zumba/Dancefit payment direct to instructor, as this class is not part of any Centre Membership

**Classes are limited to 18, on a first come first served basis (except bookings taken for indoor cycle classes and highlighted pilates classes)

Activities may be subject to change for School use, or discontinued by giving 2 weeks notice

Open Weekdays

07.00- 14.00, 18.00- 21.00

Weekends

Sat - 08.00- 18.00* & Sun- 10:00- 18.00*

WWW.SHERBORNEsports.CO.UK *Last Entry 17:00 at weekends*



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