

# CLASS TIMES

TIME	CLASS	DURATION	STUDIO
<b>MONDAY</b>			
09:00	Primetime	45 mins	■ Studio
09:15	HIIT Pads	30 mins	■ Gym
09:45	Les Mills Body Pump™	1 hr	■ Studio
10:45	Yoga Flow	1 hr	■ Studio
10:15	Dynamic Aqua	30 mins	■ Pool
16:15	Kids Street Dance (£)	2 hrs 5 mins	■ Studio
18:00	Squash Club Night (£)	2 hrs	■ Court
18:00	HIIT Pads	30 mins	■ Gym
18:15	Aero-Tone	1 hr	■ Studio
18:30	Spin	45 mins	■ Spin
18:30	HIIT Core	30 mins	■ Gym
19:00	HIIT Conditioning	30 mins	■ Gym
19:15	Les Mills Body Pump™	1 hr	■ Studio
20:15	Yoga	45 mins	■ Studio

<b>TUESDAY</b>			
09:30	Body Conditioning	1 hr	■ Studio
09:30	Water Aerobics	45 mins	■ Pool
10:30	Pilates	1 hr	■ Studio
10:30	Water Aerobics	45 mins	■ Pool
11:30	Pilates	1 hr	■ Studio
12:00	Spin	30 mins	■ Spin
12:35	HIIT Core	30 mins	■ Studio
16:15	Kids Street Dance (£)	1 hr	■ Studio
18:15	Les Mills Body Combat™	1 hr	■ Studio
18:15	Water Aerobics	45 mins	■ Pool
19:15	Spin	45 mins	■ Spin
19:15	FitSteps™	45mins	■ Studio
20:00	Pilates	45 mins	■ Studio

<b>WEDNESDAY</b>			
06:45	Spin	30 mins	■ Spin
09:15	Primetime	45 mins	■ Studio
09:30	HIIT Core	30 mins	■ Gym
10:00	Circuits	1 hr	■ Studio
10:15	Water Aerobics	45 mins	■ Pool
11:15	FitSteps™	45 mins	■ Studio
12:15	Spin	30 mins	■ Spin
15:45	Kids Street Dance (£)	2hrs 5mins	■ Studio
18:00	Spin Technique	15mins	■ Spin
18:15	Beginners Spin	30mins	■ Spin
18:30	Water Aerobics	45mins	■ Pool
18:30	Les Mills Body Pump™	1hr	■ Studio
18:45	HIIT Core	30mins	■ Gym
19:15	HIIT Condition	30mins	■ Gym
19:35	Les Mills Body Balance™	1hr	■ Studio

TIME	CLASS	DURATION	STUDIO
<b>THURSDAY</b>			
09:15	Body Pump Technique	15 mins	■ Studio
09:30	Les Mills Body Pump™	1 hr	■ Studio
09:30	Spin	45 mins	■ Spin
10:45	Aqua Circuits	30 mins	■ Pool
10:45	Pilates	1 hr	■ Studio
12:15	Circuits	1 hr	■ Studio
16:00	Childrens Ballet (£)	1 hr 40 mins	■ Studio
18:30	Squash Team Training	1 hr 30 mins	■ Court
18:30	Advanced Spin	45 mins	■ Spin
18:30	Zumba	45 mins	■ Studio
19:00	Water Aerobics	45 mins	■ Pool
19:30	HIIT Core	30 mins	■ Gym
19:30	Circuits	1 hr	■ Studio

<b>FRIDAY</b>			
06:45	Spin	30 mins	■ Spin
09:15	Primetime	45 mins	■ Studio
09:30	HIIT Core	30 mins	■ Gym
10:00	Cardio Tennis (£)	1 hr (Ct1)	■ Court
10:00	Les Mills Body Combat™	1 hr	■ Studio
10:15	Water Aerobics	45 mins	■ Pool
11:00	Tennis Tactics (£)	1 hr (Ct1)	■ Court
16:30	Kids Street Dance (£)	2 hrs	■ Studio
18:00	Spin	45 mins	■ Spin
19:00	Les Mills Body Balance™	1 hr	■ Studio

<b>SATURDAY</b>			
08:45	Boxfit	1 hr	■ Studio
09:00	Spin	45 mins	■ Spin
09:30	Junior Squash Beginners	45 mins	■ Court
10:00	Les Mills Body Pump™	1 hr	■ Studio
11:00	Pilates	1 hr	■ Studio
11:30	Junior Squash Improvers	45 mins	■ Court

<b>SUNDAY</b>			
08:40	Spin	45 mins	■ Spin
09:15	Body Pump Technique	15 mins	■ Studio
09:30	Les Mills Body Pump™	1 hr	■ Studio
10:30	Zumba	45 mins	■ Studio

Pay as you go available - \$5 per class  
Please call the club on the day for availability

- CARDIO
- TONE/CONDITION
- HIIT
- FLEX/REHAB
- PAID FOR CLASSES

**CLUB OPENING TIMES**  
Mon-Fri 06:30 - 22:00  
Weekends 08:30 - 20:00



# POOL TIMES

**TIME                      SESSIONS                      DURATION**

## MONDAY

06:30 - 08:30	<b>Adults Only</b>	■	2hrs
08:30 - 10:00	<b>Family Swim</b>	■	1hr 30mins
10:45 - 11:15	<b>Aqua Circuits</b>	■	30 mins
12:00 - 16:30	<b>Family Swim</b>	■	4hrs 30 mins
15:45 - 17:15	<b>Splashers</b>	■ ■	1hr 30 mins
17:15 - 21:30	<b>Adults Only</b>	■	4hrs 15mins

## TUESDAY

06:30 - 08:30	<b>Adults Only</b>	■	2hrs
08:30 - 09:30	<b>Family Swim</b>	■	1hr
09:30 - 10:15	<b>Water Aerobics</b>	■	45mins
10:30 - 11:15	<b>Water Aerobics</b>	■	45mins
12:00 - 16:30	<b>Family Swim</b>	■	4hrs 30mins
15:45 - 17:15	<b>Splashers</b>	■ ■	1hr 30mins
17:15 - 18:15	<b>Adults Only</b>	■	1hr
18:15 - 19:00	<b>Water Aerobics</b>	■	45mins
19:00 - 21:30	<b>Adults Only</b>	■	2hrs 30mins

## WEDNESDAY

06:30 - 08:30	<b>Adults Only</b>	■	2hrs
08:30 - 10:15	<b>Family Swim</b>	■	1hr 30mins
10:15 - 11:00	<b>Water Aerobics</b>	■	45mins
11:00 - 12:00	<b>Adults Only</b>	■	1hr
12:00 - 16:30	<b>Family Swim</b>	■	4hrs 30mins
15:45 - 17:15	<b>Splashers</b>	■ ■	1hr 30mins
17:15 - 18:30	<b>Adults Only</b>	■	1hr 15mins
18:30 - 19:15	<b>Water Aerobics</b>	■	45mins
19:15 - 21:30	<b>Adults Only</b>	■	2hrs 15mins

**TIME                      SESSIONS                      DURATION**

## THURSDAY

06:30 - 08:30	<b>Adults Only</b>	■	2hrs
08:30 - 10:00	<b>Family Swim</b>	■	1hr 30mins
10:45 - 11:15	<b>Aqua Circuits</b>	■	30mins
12:00 - 16:30	<b>Family Swim</b>	■	4hrs 30mins
15:45 - 17:45	<b>Splashers</b>	■ ■	2hrs
17:45 - 19:00	<b>Adults Only</b>	■	1hr 15mins
19:00 - 19:45	<b>Water Aerobics</b>	■	45mins
19:45 - 21:30	<b>Adults Only</b>	■	1hr 45mins

## FRIDAY

06:30 - 08:30	<b>Adults Only</b>	■	2hrs
08:30 - 10:15	<b>Family Swim</b>	■	1hr 30mins
10:15 - 11:00	<b>Water Aerobics</b>	■	45mins
12:00 - 16:30	<b>Family Swim</b>	■	4hrs 30mins
15:45 - 17:15	<b>Splashers</b>	■ ■	1hr 30mins
18:00 - 20:00	<b>Family Swim</b>	■	2hrs

## SATURDAY

08:30 - 10:00	<b>Adults Only</b>	■	1hr 30mins
10:00 - 18:00	<b>Family Swim</b>	■	8hrs
18:00 - 19:30	<b>Adults Only</b>	■	1hr 30mins

## SUNDAY

08:30 - 10:00	<b>Adults Only</b>	■	1hr 30mins
10:00 - 18:00	<b>Family Swim</b>	■	8hrs
18:00 - 19:30	<b>Adults Only</b>	■	1hr 30mins

■	ADULTS ONLY
■	FOR ADULTS AND KIDS
■	LANE SWIM
■	CLASS USE ONLY
■	CHILDRENS SWIM SCHOOL

### POOL OPENING TIMES

Mon-Fri 06:30 - 21:30  
Weekends 08:30 - 19:30

### Acorns Health & Leisure Club

Copthorne Road  
Copthorne  
Crawley  
RH10 3SQ

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