

CLASS TIMES

TIME	CLASS	DURATION	STUDIO
MONDAY			
06:45	Spin	30 mins	Spin
09:00	LIT	45 mins	Studio
09:15	HIIT Pads	45 mins	Gym
09:45	Les Mills Body Pump™	1 hr	Studio
10:45	Yoga Flow	1 hr	Studio
10:15	Dynamic Aqua	45 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	Core Strength	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

TUESDAY			
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	Core Strength	30 mins	Studio
16:15	Kids Street Dance (£)	1 hr	Studio
18:00	Adult Tennis (£)	1 hr	Court
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
20:15	Jiu Jitsu (£)	1 hr 45 mins	Court
20:00	Pilates	45 mins	Studio

WEDNESDAY			
09:15	LIT	45 mins	Studio
09:30	Core Strength	30 mins	Gym
10:00	Circuits	1 hr	Studio
10:15	Water Aerobics	45 mins	Pool
11:15	FitSteps™	45 mins	Studio
11:30	Tai Chi	1 hr	Court
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	Core Strength	30mins	Gym
19:15	HIIT Condition	30mins	Gym
19:35	Les Mills Body Balance™	1hr	Studio

TIME	CLASS	DURATION	STUDIO
THURSDAY			
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	45 mins	Pool
10:45	Pilates	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
20:15	Jiu Jitsu(£)	1 hr 45 mins	Court

FRIDAY			
06:45	Spin	30 mins	Spin
09:15	FlexFit	45 mins	Studio
09:30	Core Strength	30 mins	Gym
09:30	Adult Matchplay Tennis (£)	1 hr 30mins	Court
10:00	Les Mills Body Combat™	1 hr	Studio
10:15	Water Aerobics	45 mins	Pool
15:50	Kids Street Dance (£)	3 hrs	Studio
18:00	Spin	45 mins	Spin
19:00	Les Mills Body Balance™	1 hr	Studio

SATURDAY			
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

SUNDAY			
08:40	Spin	45 mins	Spin
09:30	Les Mills Body Pump™	1 hr	Studio
10:30	Zumba	45 mins	Studio

* Body Pump Technique is on the 1st Thursday of every month

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	Adults Only	■	2hrs
08:30 - 10:00	Family Swim	■	1hr 30mins
10:15 - 10:45	Dynamic Aqua	■	30 mins
10:45 - 11:45	Adults Only	■	1hr
11:45 - 13:45	Puddle Ducks (£)	■ ■	2hrs
11:45 - 17:45	Family Swim	■	6hrs
15:45 - 17:45	Splash & Swim (£)	■ ■	2hrs
17:45 - 21:45	Adults Only	■	2hrs

TUESDAY

06:30 - 08:30	Adults Only	■	2hrs
08:30 - 09:30	Family Swim	■	1hr
09:30 - 10:15	Water Aerobics	■	45mins
10:30 - 11:15	Water Aerobics	■	45mins
11:30 - 12:30	Turtletots (£)	■ ■	1hr
12:00 - 17:45	Family Swim	■	5hrs 45 mins
15:45 - 17:45	Splash & Swim (£)	■ ■	2hrs
17:45 - 18:15	Adults Only	■	30mins
18:15 - 19:00	Water Aerobics	■	45mins
19:00 - 21:45	Adults Only	■	2hrs 45mins

WEDNESDAY

06:30 - 08:30	Adults Only	■	2hrs
08:30 - 10:15	Family Swim	■	1hr 45mins
10:15 - 11:00	Water Aerobics	■	45mins
11:00 - 12:00	Adults Only	■	1hr
12:00 - 13:00	Turtletots (£)	■ ■	1hr
12:00 - 17:45	Family Swim	■	5hrs 15 mins
15:45 - 17:45	Splash & Swim (£)	■ ■	2hrs
17:45 - 18:30	Adults Only	■	45mins
18:30 - 19:15	Water Aerobics	■	45mins
19:15 - 21:45	Adults Only	■	2hrs 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

TIME SESSIONS DURATION

THURSDAY

06:30 - 08:30	Adults Only	■	2hrs
08:30 - 10:00	Family Swim	■	1hr 30mins
10:45 - 11:15	Dynamic Aqua	■	30mins
11:45 - 12:15	Water Babies (£)	■ ■	30mins
12:00 - 17:45	Family Swim	■	5hrs 45 mins
15:45 - 17:45	Splash & Swim (£)	■ ■	2hrs
17:45 - 19:00	Adults Only	■	1hr 15mins
19:00 - 19:45	Water Aerobics	■	45mins
19:45 - 21:45	Adults Only	■	2hrs

FRIDAY

06:30 - 08:30	Adults Only	■	2hrs
08:30 - 10:15	Family Swim	■	1hr 45mins
10:15 - 11:00	Water Aerobics	■	45mins
11:00 - 11:45	Adults Only	■	45mins
11:45 - 12:15	Water Babies (£)	■ ■	30mins
11:45 - 20:00	Family Swim	■	9hrs 15 min
15:45 - 17:45	Splash & Swim (£)	■ ■	2hrs
20:00 - 21:45	Adults Only	■	1hr 45mins

SATURDAY

08:30 - 10:00	Adults Only	■	1hr 30mins
10:00 - 12:00	Puddle Ducks (£)	■ ■	2hrs
10:00 - 18:00	Family Swim	■	8hrs
14:00 - 15:00	Splash & Swim (£)	■ ■	1hr
18:00 - 19:45	Adults Only	■	1hr 45mins

SUNDAY

08:30 - 10:00	Adults Only	■	1hr 30mins
10:00 - 18:00	Family Swim	■	8hrs

Acorns Health & Leisure Club
Cophthorne Road
Cophthorne
Crawley
RH10 3SQ
t: 01342 715022 w: acornsgym.com

