

# SWIM TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ADULTS ONLY SWIM</b> 06.30 - 09.30	<b>ADULTS ONLY SWIM</b> 06.30 - 09.30	<b>ADULTS ONLY SWIM</b> 06.30 - 09.00	<b>ADULTS ONLY SWIM</b> 06.30 - 09.30	<b>ADULTS ONLY SWIM</b> 06.30 - 09.30	<b>ADULTS ONLY SWIM</b> 08.30 - 09.30
		<b>SWIMMING LESSONS</b> 09.00 - 12.00	<b>AQUA AEROBICS</b> 10.30 - 11.15		
	<b>SWIMMING LESSONS</b> 15.00 - 19.00		<b>SWIMMING LESSONS</b> 15.00 - 19.00		<b>ADULTS ONLY SWIM</b> 08.30 - 09.30
<b>ADULTS ONLY SWIM</b> 19.00 - 20.30	<b>ADULTS ONLY SWIM</b> 19.00 - 20.30	<b>ADULTS ONLY SWIM</b> 19.00 - 20.30	<b>ADULTS ONLY SWIM</b> 19.00 - 20.30	<b>ADULTS ONLY SWIM</b> 18.00 - 19.30	

**PLEASE NOTE:** Swim for all at any other times. Last entry for pool and spa is 45 minutes prior to closing.

## BOOKING

To book a regular or virtual class, please simply scan the QR code below to find our club:



# CLASSES TIMETABLE

# CLASS TIMETABLE

WINDERMERE SPRING 2024

## MONDAY

**SPIN 30**  
07.00 - 07.30

**CIRCUITS**  
08.30 - 09.00

**AB BLAST**  
09.00 - 09.30

**PILATES**  
09.30 - 10.15

**BODY BLAST**  
17.40 - 18.10

**SPIN 30**  
18.20 - 18.50

## TUESDAY

**CIRCUITS**  
07.00 - 07.30

**UPPER BODY BLAST**  
08.30 - 09.15

**SPIN 30**  
09.30 - 10.00

**KETTLEBELL CLUB**  
17.40 - 18.10

**PUMP**  
18.20 - 18.50

## WEDNESDAY

**VIRTUAL SPIN**  
07.00 - 07.30

**BOX FIT**  
08.30 - 09.15

**SPIN 30**  
09.30 - 10.00

**PILATES**  
10.15 - 11.00

**KETTLEBELL CLUB**  
17.40 - 18.10

**PILATES**  
18.15 - 19.00

## THURSDAY

**SPIN 30**  
07.00 - 07.30

**KETTLEBELLS**  
08.30 - 09.15

**STRETCH & TONE**  
09.30 - 10.15

**AQUA AEROBICS**  
10.30 - 11.15

**HARDCORE BLAST & ABS**  
17.40 - 18.10

**RUN CLUB**  
18.15 - 19.15

## FRIDAY

**SPIN 30**  
07.00 - 07.30

**SPIN 45**  
08.30 - 09.15

**BOOTCAMP**  
09.30 - 10.15

## SATURDAY

**SPIN 30**  
09.00 - 09.30

## SUNDAY

**VIRTUAL SPIN**  
09.30 - 10.15

**LBT**  
10.30 - 11.00

## KEY

- STRENGTH / TONE**
- CARDIO**
- HIIT / CIRCUITS**
- MIND / BODY**
- SWIM**
- VIRTUAL**

## FIND US

**Go online:** [choiceshealthclubs.com/windermere](https://choiceshealthclubs.com/windermere)

**Visit us:** Troutbeck Bridge, Windermere, LA23 1HP

**Call us:** 01539 447 437

**Follow us:** @choiceswindermere on Instagram and Facebook

All classes require a minimum of 3 people, subject to numbers classes may be cancelled.

**CHOICES**  
HEALTH + FITNESS