

SWIM TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
AQUA AEROBICS 09.30 - 10.15	AQUA AEROBICS 09.30 - 10.15	AQUA AEROBICS 17.30 - 18.15	PUDDLEDUCKS 10.00 - 12.00	AQUA AEROBICS 09.30 - 10.15	PUDDLEDUCKS 09.15 - 13.00
PUDDLEDUCKS 13.30 - 15.30	FAMILY SWIM 11.00 - 12.00	FAMILY SWIM 12.00 - 13.00	FAMILY SWIM 12.00 - 13.00	PUDDLEDUCKS 16.30 - 18.30	FAMILY SWIM 14.00 - 15.00
PUDDLEDUCKS 16.00 - 18.00	FAMILY SWIM 12.00 - 13.00	FAMILY SWIM 13.00 - 14.00	FAMILY SWIM 13.00 - 14.00	SATURDAY	FAMILY SWIM 15.00 - 16.00
	PUDDLEDUCKS 16.00 - 18.00	PUDDLEDUCKS 15.55 - 19.30	PUDDLEDUCKS 15.55 - 19.30	PUDDLEDUCKS 09.30 - 14.15	
	AQUA AEROBICS 18.00 - 18.45			FAMILY SWIM 15.00 - 16.00	

PLEASE NOTE: Swim for all at any other times. Last entry for pool and spa is 45 minutes prior to closing.
Family Lane Swimming Times (@ Lanes Available) *BOOKING ONLY, max 5 families in each 1 hour slot.

BOOKING

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



CLASSES TIMETABLE

CLASS TIMETABLE

RAYNESWAY MARCH 2024

MONDAY

- BOXFIT**
06.30 - 07.00
- AQUA AEROBICS**
09.30 - 10.15
- FREESTYLE FITNESS YOGA**
09.30 - 10.15
- SHAPE N TONE**
10.30 - 11.15
- CIRCUITS**
17.00 - 17.30
- ZUMBA**
17.30 - 18.15
- BOOTY BOOTCAMP**
18.30 - 19.15

TUESDAY

- SHAPE N TONE**
06.30 - 07.00
- AQUA AEROBICS**
09.30 - 10.15
- FITNESS PILATES**
10.30 - 11.15
- BOXFIT**
17.00 - 17.45
- AQUA AEROBICS**
18.00 - 18.45
- PILATES**
18.00 - 19.00

WEDNESDAY

- CIRCUITS**
06.30 - 07.00
- SHAPE N TONE**
10.00 - 10.45
- CARDIO BLAST**
10.50 - 11.20
- INDOOR CYCLING**
17.00 - 17.30
- AQUA AEROBICS**
17.30 - 18.15
- BODY PUMP**
17.40 - 18.25
- DANCE FIT**
18.30 - 19.15

THURSDAY

- HYROX**
06.30 - 07.00
- FREESTYLE FITNESS YOGA**
10.00 - 11.00
- LBT**
11.00 - 11.30
- YOGA/PILATES**
17.00 - 17.45
- FIGHT 2 FIT**
18.00 - 18.45

FRIDAY

- SHAPE N TONE**
06.30 - 07.00
- AQUA AEROBICS**
09.30 - 10.15
- PILATES**
09.30 - 10.15
- DANCE FIT**
10.30 - 11.15

SATURDAY

- BODY PUMP**
09.30 - 10.15
- BODY COMBAT**
10.30 - 11.15

SUNDAY

- BOXFIT**
10.00 - 10.45

KEY

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

FIND US

Go online: choiceshealthclubs.com/raynesway

Visit us: East Service Road, Raynesway, Derby, DE21 7BB

Call us: 01332 668 866

Follow us: @choicesraynesway on Instagram and Facebook

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

CHOICES
HEALTH + FITNESS