

# SWIM TIMETABLE

## RAYNESWAY / DERBY - AS OF OCTOBER 2020

MON	TUES	WED	THURS	FRI	SAT	SUN
LANE SWIMMING 06:30-09:15	LANE SWIMMING 06:30-09:15	LANE SWIMMING 06:30-09:30	LANE SWIMMING 06:30-16:00	LANE SWIMMING 06:30-16:00	PUDDLEDUCKS 08:30-14:45	PUDDLEDUCKS 08:30-13:15
AQUA AEROBICS 09:30-10:15	AQUA AEROBICS 09:30-10:15	PUDDLEDUCKS 09:30-12:30	PUDDLEDUCKS 16:00-18:30	AQUA AEROBICS 9:30-10:15 (No Lane Swimming)	LANE SWIMMING 15:00-17:15	LANE SWIMMING 13:30-16:45
LANE SWIMMING 10:30-16:00	LANE SWIMMING 10:30-16:00	LANE SWIMMING 12:30-19:15	LANE SWIMMING 18:30-20:45	PUDDLEDUCKS 11:00-13:30		
PUDDLEDUCKS 13:00-15:00	PUDDLEDUCKS 16:00-17:30	AQUA AEROBICS 19:15-20:00	PUDDLEDUCKS 16:00-18:30	PUDDLEDUCKS 16:00-18:30		
PUDDLEDUCKS 16:00-18:00	AQUA AEROBICS 17:30-18:15	LANE SWIMMING 20:00-20:45		LANE SWIMMING 18:30-19:45		
LANE SWIMMING 18:00-20:45	LANE SWIMMING 18:15-20:45					

### FAMILY LANE SWIMMING TIMES (2 lanes available)

TUES	THURS	SAT	SUN
11:00 - 11:30	12:00 - 12:30	15:00 - 15:30	13:30 - 14:00
11:30 - 12:00	12:30 - 13:00	15:30 - 16:00	14:00 - 14:30
12:00 - 12:30	13:00 - 13:30		14:30 - 15:00
12:30 - 13:00	13:30 - 14:00		15:00 - 15:30
			15:30 - 16:00

\*BOOKING ONLY, Max 2x Adult 2x children from the same family



# GROUP EXERCISE TIMETABLE

RAYNESWAY / DERBY  
AS OF OCTOBER 2020



# CLASS TIMETABLE

RAYNESWAY / DERBY - AS OF OCTOBER 2020

## MON

**VIRTUAL SPIN**  
09:30-10:15

**AQUA FIT**  
09:30-10:15

**SHAPE N TONE**  
10:30-11:15

**FREESTYLE  
FITNESS YOGA**  
12:15-13:00

**CIRCUITS**  
17:00-17:30

**J@MIT**  
17:40-18:25

**VIRTUAL SPIN**  
18:00-18:45

## TUES

**AQUA AEROBICS**  
9:30-10:15

**FITNESS PILATES**  
10:30-11:15

**AQUA FIT**  
17:30-18:15

**BODY PUMP**  
18:30-19:15

**BODY COMBAT**  
19:30-20:15

## WED

**YOGA**  
09:15-10:00

**VIRTUAL SPIN**  
10:00-10:45

**SHAPE N TONE**  
10:30-11:15

**BOOT CAMP**  
17:00-17:30

**FITNESS YOGA**  
17:40-18:15

**INDOOR CYCLING**  
18:00-18:45

**DANCE FIT**  
18:30-19:15

**AQUA AEROBICS**  
19:15-20:00

## THURS

**YOGA**  
10:00-11:00

**FREESTYLE  
FITNESS YOGA**  
17:00-17:45

**CIRCUITS**  
18:00-18:30

**BODY COMBAT**  
18:45-19:30

## FRI

**VIRTUAL SPIN**  
09:30-10:00

**AQUA AEROBICS**  
9.30-10.15

**DANCE FIT**  
10:30-11.15

## SAT

**VIRTUAL SPIN**  
09:30-10:00

**VIRTUAL STUDIO**  
10:00-11.00

## SUN

**WE  
ARE  
OUR  
CHOICES**

**CARDIO  
STRENGTH / TONE  
MIND/BODY  
SWIM**