

# SWIM TIMETABLE

RAYNESWAY / DERBY - AS OF MAY 2021

MON	TUES	WED	THURS	FRI	SAT	SUN
AQUA AEROBICS 09:30-10:15	AQUA AEROBICS 09:30-10:15	PUDDLEDUCKS 10:00-12:00	FAMILY SWIM 12:00-12:30	AQUA AEROBICS 9:30-10:15	PUDDLEDUCKS 08:30-14:45	PUDDLEDUCKS 08:30-13:15
PUDDLEDUCKS 16:00-18:00	FAMILY SWIM 11:00-11:30	LANE SWIMMING 12:30-19:15	FAMILY SWIM 12:30-13:00	PUDDLEDUCKS 16:00-18:30	FAMILY SWIM 15:00-15:30	FAMILY SWIM 13:30-14:00
	FAMILY SWIM 11:30-12:00		FAMILY SWIM 13:00-13:30		FAMILY SWIM 15:30-16:00	FAMILY SWIM 14:00-14:30
	FAMILY SWIM 12:00-12:30		FAMILY SWIM 13:30-14:00			FAMILY SWIM 14:30-15:00
	PUDDLEDUCKS 16:00-17:30		PUDDLEDUCKS 16:00-18:30			FAMILY SWIM 15:00-15:30
	AQUA AEROBICS 17:30-18:15					FAMILY SWIM 15:30-16:00

FAMILY LANE SWIMMING TIMES (2 lanes available)

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

[choiceshealthclubs.com](http://choiceshealthclubs.com)



**CHOICES**  
Health Clubs

## GROUP EXERCISE TIMETABLE

RAYNESWAY / DERBY  
AS OF MAY 2021



# CLASS TIMETABLE

RAYNESWAY / DERBY - AS OF MAY 2021

MON

**LEGS, BUMS & TUMS**  
06:45-07:15

**AQUA AEROBICS**  
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

TUES

**FREESTYLE FITNESS YOGA**  
06:45-07:15

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

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

**FREESTYLE FITNESS YOGA**  
17:00-17:30

**INDOOR CYCLING**  
17:00-17:45

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

WED

**SUNRISE SPIN**  
06:45-07:15

**FREESTYLE FITNESS YOGA**  
09:30-10:15

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

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

**BODY PUMP**  
17:40-18:25

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

THURS

**FREESTYLE FITNESS YOGA**  
10:00-11:00

**LEGS, BUMS & TUMS**  
11:15-11:45

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

**LEGS, BUMS & TUMS**  
18:00-18:30

FRI

**SUNRISE HIIT**  
06:45-07:15

**AQUA AEROBICS**  
9.30-10.15

**FREESTYLE FITNESS YOGA**  
09:30-10:15

**DANCE FIT**  
10:30-11.15

SAT

**BODY PUMP**  
09:30-10:15

**BODY COMBAT**  
10:30-11:15

SUN

**WE  
ARE  
OUR  
CHOICES**

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