

# SWIM TIMETABLE

## RAYNESWAY / DERBY - AS OF SEPTEMBER 2021

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

FAMILY LANE SWIMMING TIMES (2 lanes available)

\*BOOKING ONLY, max 5 families in each 1 hour slot.

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



# GROUP EXERCISE TIMETABLE

RAYNESWAY / DERBY  
AS OF OCTOBER 2021

## OPENING TIMES:

MON-THU:	06:15–22:00
FRIDAY:	06:15–20:00
SATURDAY:	08:30–17:30
SUNDAY:	08:30–17:00

# CLASS TIMETABLE

RAYNESWAY / DERBY - AS OF OCTOBER 2021

## MON

**LEGS, BUMS & TUMS**  
06:30-07:00  
**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

**SHAPE N TONE**  
06:30-07:10  
**AQUA AEROBICS**  
09:30-10:15  
**HYROX**  
09:30-10:00  
**FITNESS PILATES**  
10:30-11:15  
**HYROX**  
17:00-17:30  
**INDOOR CYCLING**  
17:00-17:45  
**AQUA AEROBICS**  
17:30-18:15  
**PILATES**  
18:00-19:00

## WED

**INDOOR CYCLING**  
06:30-07:00  
**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  
**INDOOR CYCLING**  
13:00-13:30  
**FREESTYLE FITNESS YOGA & PILATES**  
17:00-17:45  
**LEGS, BUMS & TUMS**  
17:50-18:35  
**ABS**  
18:40-18:55

## FRI

**HYROX**  
06:30-07:00  
**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 CHOICES**

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



Please use Clubright app to book your regular and virtual classes.  
Scan the QR code to access your our club portal.  
All classes require a minimum of 3 people, subject to numbers classes may be cancelled.

**FOLLOW US ON:**  
**IG: @CHOICESRAYNESWAY**  
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