

SWIM TIMETABLE

OCEANS - AS OF OCTOBER 2021

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------------------|-------------------------------|------------------------------|------------------------------|-------------------------------|------------------------------|-------------------------------|
| AQUA 10:45 - 11:30 | PUDDLE DUCKS 10:15 - 12:45 | FAMILY SWIM 15:45 - 17:15 | AQUA 9:30 - 10:15 | PUDDLE DUCKS 11:00 - 13:30 | PUDDLE DUCKS 8:00 - 12:45 | PUDDLE DUCKS 13:00 - 15:30 |
| AEROBICS 10:45 - 11:30 | PUDDLE DUCKS 16:00 - 18:00 | | AEROBICS 9:30 - 10:15 | PUDDLE DUCKS 16:00 - 19:00 | FAMILY SWIM 14:00 - 16:30 | FAMILY SWIM 15:30 - 16:30 |
| | | | FAMILY SWIM 10:15 - 11:15 | | | |
| | | | AQUA 19:15 - 20:00 | | | |

oceansonline.co.uk



oceans
Health & Fitness

GROUP EXERCISE TIMETABLE

OCEANS
AS OF NOVEMBER 2021

CLASS TIMETABLE

OCEANS - AS OF NOVEMBER 2021

MON

HARDCORE EXPRESS
07:00-07:30

PUMP
09:30-10:15

BODY CONDITIONING
10:30-11:15

AQUA AEROBICS
10:45-11:30

HARDCORE BODY
17:30-18:00

ZUMBA
18:00-18:45

SPIN
18:00-18:45

SPIN
19:00-19:45

20/20
19:05-19:50

LEGS, BUMS & TUMS
20:00-20:45

TUES

HARDCORE EXPRESS
07:00-07:30

YOGA
09:30-10:15

PILATES
10:30-11:15

PUDDLEDUCKS
10:15-12:45

ADVANCED HIIT
12:00-12:45

PUDDLEDUCKS
16:00-18:00

CLUBBERCISE
17:45-18:30

SPIN
18:00-18:45

HARDCORE BODY & ABS
18:00-18:30

STEP
19:00-19:45

LEGS, BUMS & TUMS
20:00-20:45

WED

FIT IN 30
07:00-07:30

ZUMBA
09:30-10:15

SPIN
09:30-10:15

PUMP
10:30-11:15

FAMILY SWIM
15:45-17:15

HARDCORE BODY
18:00-18:30

BOOGIE BOUNCE
18:00-18:45

SPIN
18:00-18:45

YOGA
19:30-20:30

THURS

HARDCORE EXPRESS
07:00-07:30

AQUA AEROBICS
09:30-10:15

20/20
09:30-10:15

FAMILY SWIM
10:15-11:15

REVOLUTION
10:30-11:15

ADVANCED HIIT
12:00-12:30

HARDCORE BODY & ABS
17:30-18:00

SPIN
18:00-18:45

STUDIO COMBAT
18:00-18:45

PUMP
19:00-19:45

AQUA AEROBICS
19:15-20:00

PILATES
20:00-21:00

FRI

FIT IN 30
07:00-07:30

CIRCUITS
09:30-10:15

BOOGIE BOUNCE / DANCE AEROBICS
10:30-11:15

PUDDLEDUCKS
11:00-13:30

PUDDLEDUCKS
16:00-19:00

ADVANCED HIIT
17:45-18:30

BOOGIE BOUNCE
18:00-18:45

YOGA
19:30-20:30

SAT

PUDDLEDUCKS
08:30-12:45

SPIN
08:45-09:30

TOTAL TONE / RETRO CONDITIONING
09:45-10:30

HARDCORE EXPRESS
10:30-11:00

BODY SCULPT
11:00-12:00

FAMILY SWIM
14:00-16:30

SUN

HARDCORE BODY & ABS
09:30-10:00

SPIN
10:00-10:45

BOOGIE BOUNCE
10:00-10:45

PUDDLEDUCKS
13:00-15:30

FAMILY SWIM
15:30-16:30



oceans
Health & Fitness

CARDIO
STRENGTH / TONE
MIND/BODY
SWIM
GYM CLASSES



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: @OCEANSGRANTHAM
FB: /OCEANSGRANTHAM