

SWIM TIMETABLE

WINDERMERE - AS OF SEPTEMBER 2021

MON	TUES	WED	THURS	FRI	SAT	SUN
ADULTS LANE SWIM 06:30-09:30	ADULTS LANE SWIM 06:30-09:30	ADULTS LANE SWIM 06:30-09:00	ADULTS LANE SWIM 06:30-09:30	ADULTS LANE SWIM 06:30-09:30	PIRANHA'S (POOL CLOSED) 09:30-12:30	ADULTS LANE SWIM 08:30-10:30
PIRANHA'S (POOL CLOSED) 14:30-18:00	PIRANHA'S (POOL CLOSED) 10:00-12:30	PIRANHA'S (POOL CLOSED) 09:00-12:30	AQUA AEROBICS 10:30-11:15	ADULTS LANE SWIM 18:00-19:30		
ADULTS LANE SWIM 19:00-20:30	15:30-18:00 ADULTS LANE SWIM 19:00-20:30	ADULTS LANE SWIM 19:00-20:30	PIRANHA'S (POOL CLOSED) 13:30-17:30			
			ADULTS LANE SWIM 19:00-20:30			

choiceshealthclubs.com



CHOICES
Health Clubs

GROUP EXERCISE TIMETABLE

WINDERMERE
AS OF SEPTEMBER 2021

CLASS TIMETABLE

WINDERMERE - AS OF SEPTEMBER 2021

MON	TUES	WED	THURS	FRI	SAT	SUN
SPIN 07.00-07.30	BOOTCAMP 07.00-07.40	SPIN 07.00-07.30	PILATES 09.30-10.15	SPIN 07.00-07.30		SPIN 10.00-10.45
SPIN 17.30-18.00	LEGS, BUMS & TUMS 09.30-10.15	KETTLEBELL HIIT 17.30-18.00	AQUA AEROBICS 10.30-11.15	TABATA 09.30-10.15		BOOTCAMP 11:00-11:30
KETTLEBELL HIIT 18.00-18:45	BEGINNERS YOGA 10.30-11.15	PUMP 18.00-18:45	SPIN 17.30-18.15			
AB ATTACK 18.45-19.05	HIIT 17.30-18.00		POUND 18.00-18.45			
SPORTS YOGA 19:15-20:00	SPIN 45 18.15-19.00		BEGINNERS YOGA 18.45-19.30			

VIRTUAL TIMETABLE

WINDERMERE

Virtual Spin times

Monday	14.00 - 15.00
Tuesday	14.00 - 15.00
Wednesday	14.00 - 15.00
Thursday	14.00 - 15.00
Friday	14.00 - 15.00 & 17.30 - 18.15
Saturday	10.00 - 10.45 & 14.00 - 15.00
Sunday	10.00 - 10.45 & 14.00 - 15.00

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.



WE ARE CHOICES

CARDIO
STRENGTH / TONE
MIND / BODY
SWIM

FOLLOW US ON:

IG: @CHOICESWINDERMERE
FB: /CHOICESWINDERMERE