

FITNESS CLASSES

MONDAY 1 MAY TO FRIDAY 16 JUNE 2017

SPORTS PARK CLASSES

Monday			
Activity	Start	End	Location
Synrgy	07:30	08:00	Gym
Body Blast	12:15	13:00	Studio 1
Kettlebells	12:30	13:30	Studio 2
Synrgy	12:30	13:00	Gym
Pilates	13:00	14:00	Studio 1
Indoor Cycling	17:00	17:45	Studio 1
Rock-Hard Circuits	17:15	18:00	Sports Hall
BodyCombat™	17:30	18:30	Studio 2
BodyPump™	18:00	19:00	Studio 1
BodyAttack™	19:15	20:15	Studio 2
Yoga	19:15	20:45	Studio 1

Tuesday			
Activity	Start	End	Location
Sufferfest™	07:15	08:00	Studio 1
Synrgy	07:30	08:00	Gym
Yoga	12:00	13:00	Studio 1
Body Blast	12:15	13:00	Studio 2
Synrgy	12:30	13:00	Gym
Pilates	13:15	14:00	Studio 1
BodyCombat™	17:15	18:15	Studio 2
Yoga	17:30	18:30	Studio 1
BodyPump™	18:30	19:30	Studio 2
Indoor Cycling	18:45	19:30	Studio 1
Pilates	19:45	20:45	Studio 1

Wednesday			
Activity	Start	End	Location
Indoor Cycling	07:00	07:45	Studio 1
Synrgy	07:30	08:00	Gym
Yoga	12:00	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Indoor Cycling	13:15	14:00	Studio 1
BodyPump™	17:30	18:30	Studio 1
BodyAttack™	18:45	19:45	Studio 2
Pilates	18:45	19:45	Studio 1
Kettlebells	20:00	21:00	Studio 1

Thursday			
Activity	Start	End	Location
Sufferfest™	07:30	08:30	Studio 1
Synrgy	07:30	08:00	Gym
Body Blast	12:00	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Pilates	13:00	14:00	Studio 1
Indoor Cycling	17:00	17:45	Studio 1
Rock-Hard Circuits	17:15	18:00	Sports Hall
Pilates	18:00	19:00	Studio 1
BodyCombat™	18:30	19:30	Studio 2
Kettlebells	19:15	20:15	Studio 1

Friday			
Activity	Start	End	Location
Synrgy	07:30	08:00	Gym
BodyPump™	12:00	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Yoga	13:15	14:15	Studio 1
BodyAttack™	16:30	17:30	Studio 1
Zumba	17:00	18:00	Studio 2
Yoga	17:30	18:30	Studio 1
BodyPump™	18:15	19:15	Studio 2

Saturday			
Activity	Start	End	Location
BodyPump™	09:15	10:15	Studio 1
Kettlebells	10:30	11:30	Studio 2
Synrgy	12:30	13:00	Gym

Sunday			
Activity	Start	End	Location
Synrgy	12:30	13:00	Gym
BodyPump™	16:00	17:00	Studio 1
Indoor Cycling	17:15	18:00	Studio 1

SPORTS PARK VIRTUAL CLASSES

Tuesday			
Activity	Start	End	Location
Myride®	10:00	10:45	Studio 1
BodyPump™	14:15	15:15	Studio 1

Wednesday			
Activity	Start	End	Location
BodyCombat™	14:30	15:30	Studio 1

Thursday			
Activity	Start	End	Location
Myride®	10:00	11:00	Studio 1
BodyPump™	14:45	15:45	Studio 1

Saturday			
Activity	Start	End	Location
Myride®	10:30	11:30	Studio 1

Sunday			
Activity	Start	End	Location
Myride®	18:15	19:00	Studio 1

ST LUKE'S SPORTS CENTRE CLASSES

Monday			
Activity	Start	End	Location
Pilates	13:00	14:00	Upper Gym
Low Impact Circuits	19:00	20:00	Upper Gym

Tuesday			
Activity	Start	End	Location
Studio Cycling	13:00	14:00	Upper Gym
Yoga	18:00	19:00	Upper Gym
BodyPump™	18:00	19:00	Dance Studio
Studio Cycling	19:00	20:00	Upper Gym

Wednesday			
Activity	Start	End	Location
Float Fit	11:00	11:30	Indoor Pool
Float Fit	11:30	12:00	Indoor Pool
Studio Cycling	17:00	18:00	Upper Gym
Circuits	18:00	19:00	Upper Gym
Float Fit	19:00	19:30	Indoor Pool
Float Fit	19:30	20:00	Indoor Pool

Thursday			
Activity	Start	End	Location
Aqua Fit	11:00	12:00	Indoor Pool
Yoga	13:00	14:00	Upper Gym
Dance Fit	19:30	20:30	Dance Studio

Friday			
Activity	Start	End	Location
Float Fit	11:00	11:30	Indoor Pool
Float Fit	11:30	12:00	Indoor Pool
Pilates	13:00	14:00	Upper Gym
Yoga	18:00	19:00	Dance Studio

Saturday			
Activity	Start	End	Location
Studio Cycling	10:00	11:00	Upper Gym

ST LUKE'S INDOOR POOL SWIM TIMES

Day	Activity	Start	End
Monday	Early Bird Lanes	07:00	08:45
	Lunchtime Lanes	12:00	14:00
	Swim School Splash	15:00	16:00
	Evening Lanes	18:00	19:00
Tuesday	Early Bird Lanes	07:00	08:45
	Casual Swim	12:00	14:00
	Evening Lanes	18:00	19:00
Wednesday	Early Bird Lanes	07:00	08:45
	Lunchtime Lanes	12:00	14:00
Thursday	Early Bird Lanes	07:00	09:15
	Lunchtime Lanes	12:00	14:00
	Swim School Splash	15:00	16:00
	Evening Lanes	18:00	19:00
Friday	Quick Dip	07:00	07:30
	Lunchtime Lanes	12:00	14:00
	Evening Lanes	18:00	19:00
Saturday	Casual Swim	13:00	14:30
Sunday	Casual Swim	14:00	16:00

Swim School Splash: Only for children and parents enrolled on swimming lessons at St Luke's Swim School.

Lanes Sessions: 3 lanes in pool fast/medium/slow.

Casual Swim: Casual swimming with no lanes.

Quick Dip: Early morning session. Swim Fit workouts available at reception.

SPORTS PARK PRICE PER CLASS:

Inclusive members: FREE

Gym/PAYG members Instructor-led: £3.70

Gym/PAYG Virtual: £2.00

Non-members Instructor-led: £5.50

Non-members Virtual: £3.00

*Synrgy: FREE to Inclusive and Gym members.

PAYG members pay £1.75 + RS entry.

Not available to non-members.

ST LUKE'S SPORTS CENTRE PRICE PER CLASS:

Inclusive members: FREE Gym/PAYG members: £3.30

Non-member: £4.20