

Junior & Family Exercise Programme 2nd January – 30th April 2018

Monday			Tuesday			Wednesday			Thursday		
Open Fitness Suite Session * ~	C	6.30am – 8.00pm	Open Fitness Suite Session * ~	D	6.30am – 5.00pm	Open Fitness Suite Session * ~	N	6.30am – 6.00pm	Open Fitness Suite Session * ~	N	6.30am – 6.00pm
Open Fitness Suite Session * ~	N	6.30am – 6.00pm	Open Fitness Suite Session * ~	N	6.30am – 6.00pm	Open Fitness Suite Session * ~	R	6.30am – 5.30pm	Open Fitness Suite Session * ~	R	6.30am – 5.30pm
Open Fitness Suite Session * ~	R	6.30am – 5.30pm	Open Fitness Suite Session * ~	R	6.30am – 5.30pm	Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm
Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	D	6.30am – 5.00pm	Open Fitness Suite Session * ~	D	6.30am – 7.30pm
Open Fitness Suite Session * ~	D	6.30am – 5.30pm	Open Fitness Suite Session * ~	LI	9.00am – 5.00pm	Open Fitness Suite Session * ~	St	6.45m – 5.00pm	Open Fitness Suite Session * ~	LI	9.00am – 5.00pm
Open Fitness Suite Session * ~	St	6.45am – 5.00pm	Open Fitness Suite Session * ~	C	9.00am – 8.00pm	Open Fitness Suite Session * ~	LI	7.30am – 5.00pm	Open Fitness Suite Session * ~	C	9.00am – 6.15pm
Open Fitness Suite Session * ~	LI	7.30am – 8.00pm	Supervised Fitness Session # *	Ru	3.45pm – 4.30pm	Open Fitness Suite Session * ~	C	3.00pm – 8.00pm	Supervised Fitness Session # *	R	3.00pm – 4.00pm
Supervised Fitness Session # *	LI	12.30pm – 1.30pm	Weight Technique #	R	4.00pm – 4.30pm	Supervised Fitness Session # *	N	3.30pm – 4.45pm	Open Fitness Suite Session * ~	St	3.00pm – 5.00pm
Supervised Fitness Session # *	R	3.00pm – 4.00pm	Open Fitness Suite Session * ~	St	3.00pm – 5.00pm	Supervised Fitness Session # *	R	4.45pm – 5.30pm	Supervised Fitness Session # *	D	3.30pm – 5.00pm
Supervised Fitness Session # *	D	3.30pm – 5.30pm	Family Aqua Zumba +	R	7.30pm - 8.30pm	Open Fitness Suite Session * ~	St	8.00pm – 10.00pm	Supervised Fitness Session # *	Ru	3.45pm – 4.30pm
Supervised Fitness Session # *	N	3.30pm – 5.00pm	Open Fitness Suite Session * ~	St	8.00pm – 10.00pm				Body Tone # *	N	4.00pm – 4.30pm
Supervised Fitness Session # *	Ru	3.45pm – 4.30pm							Circuits #	R	4.00pm – 4.30pm
Supervised Fitness Session # *	R	4.00pm – 5.00pm	Saturday			Sunday			Open Fitness Suite Session * ~	St	8.00pm – 10.00pm
Family Aqua Zumba +	N	7.45pm - 8.45pm	Open Fitness Suite Session * ~	C	8.15am – 12.30pm	Open Fitness Suite Session * ~	C	8.30am – 12.30pm			
			Open Fitness Suite Session * ~	D	8.30am – 3.30pm	Open Fitness Suite Session * ~	St	8.30am – 1.00pm			
			Open Fitness Suite Session * ~	St	8.30am – 1.00pm	Open Fitness Suite Session * ~	N	8.30am – 6.00pm			
Friday			Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	Ru	8.00am – 3.00pm	Open Fitness Suite Session * ~	R	8.30am – 9.00pm
Open Fitness Suite Session * ~	N	6.30am – 8.00pm	Open Fitness Suite Session * ~	R	8.30am – 4.00pm	Open Fitness Suite Session * ~	Ru	9.00am – 4.00pm			
Open Fitness Suite Session * ~	R	6.30am – 8.00pm	Open Fitness Suite Session * ~	N	8.30am – 6.00pm	Open Fitness Suite Session * ~	D	9.00am – 6.00pm			
Open Fitness Suite Session * ~	D	6.30am – 8.00pm	Open Fitness Suite Session * ~	LI	9.00am – 1.00pm	Open Fitness Suite Session * ~	LI	9.00am – 1.00pm			
Open Fitness Suite Session * ~	St	6.45am – 5.00pm	Supervised Fitness Session # *	D	10.00am – 12.00pm	Family Fitball +	N	10am – 10.45am			
Open Fitness Suite Session * ~	C	7.00am – 6.00pm	Circuits # *	N	3.00pm – 3.30pm						
Open Fitness Suite Session * ~	LI	9.00am – 9.00pm									
Supervised Fitness Session # *	LI	3.30pm – 4.30pm									
Supervised Fitness Session # *	D	3.30pm – 5.00pm									
Supervised Fitness Session # *	Ru	3.45pm – 4.30pm									
Supervised Fitness Session # *	St	4.00pm – 4.45pm									
Open Fitness Suite Session * ~	St	8.00pm – 9.00pm									



Session Information

- Session requires booking * - Induction must be completed prior to attending a Fitness Suite Session, please contact Reception to arrange an induction. ~ - One adult may bring up to two children.

Junior Fitness Membership - For 11 -15 year olds
Includes Fitness Suite Sessions, Junior Fitness Classes, Swimming (Public Sessions) and a Leisure Card.

Please arrive 10 minutes before a session / class starts, once session / class start time has passed no further entries will be allowed. The classes may be subject to change; however every effort will be made to cover classes during Instructor's absences. All Junior sessions / classes are for 11 – 15 year olds. Terms and Conditions apply to all sessions for further information please contact Reception.

C	Corwen	D	Denbigh	LI	Llangollen
N	Nova Prestatyn	R	Rhyl	Ru	Ruthin
St	St Asaph				