

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700 - 0800	<b>Group Cycle</b> 0700 – 0745 Studio 2		<b>Group Cycle</b> 07.00-0745 Studio 2		<b>Group Cycle</b> 07.00-0745 Studio 2		
0930 – 1030	<b>Salsa</b> 0930 – 1025 Practice Hall	<b>BLT</b> 0930 – 1025 Studio 1	<b>Step (L2)</b> 0930 – 1025 Studio 1	<b>Body Conditioning</b> 0930 – 1025 Studio 1	<b>202020</b> 0930 – 1025 Practice Hall	<b>Aerobics</b> 0930 – 1025 Studio 1	<b>Body Conditioning</b> 0930 – 1025 Studio 1
1030 – 1130	<b>Lo &amp; Slow</b> 1030 – 1120 Practice Hall	<b>Hatha Yoga</b> 1030 – 1125 Practice Hall	<b>Lo &amp; Slow</b> 1030 – 1120 Studio 1	<b>Fitness Pilates</b> 1030 – 1125 Studio 1	<b>Zumba</b> 0930 – 1025 Studio 1	<b>BLT</b> 1030 – 1125 Studio 1	<b>Fitness Yoga</b> 1030 – 1125 Studio 1
1030 - 1130	<b>Senior Fitness</b> 1120 – 1200 Practice Hall	<b>Group Cycle</b> 1030 – 1115 Studio 2		<b>Group Cycle</b> 1030 – 1115 Studio 2	<b>Senior Aerobics</b> 1030 – 1120 Practice Hall	<b>Group Cycle</b> 1030 – 1115 Studio 2	<b>Group Cycle</b> 1030 – 1115 Studio 2
1130 - 1230	<b>Aquafit</b> 1100 – 1155 Pool	<b>Aquafit</b> 1145 – 1240 Pool	<b>Aquafit</b> 1115 – 1200 Pool	<b>Aquafit</b> 1145 – 1240 Pool	<b>Chair Aerobics</b> 1120 – 1200 Practice Hall		
1700 – 1800	<b>Fitness Pilates</b> 1700 - 1755 Practice Hall	<b>Bums &amp; Tums</b> 1700 – 1755 Studio 1					
1800 – 1900	<b>Weights &amp; Abs</b> 1800 – 1855 Practice Hall	<b>202020 (L2)</b> 1800 – 1855 Studio 1	<b>Step L2</b> 1800 – 1855 Practice Hall	<b>Step Beginners</b> 1800 – 1855 Practice Hall	<b>Body Conditioning</b> 1800 – 1855 Studio 1		
1800 – 1900	<b>Group Cycle</b> 1800 – 1845 Studio 2						
1800 – 1900	<b>Step</b> 1800 – 1855 Studio 1	<b>Pilates</b> 1800 – 1855 Practice Hall	<b>Group Cycle</b> 1800 – 1845 Studio 2		<b>Group Cycle</b> 1800 – 1845 Studio 2		
1900 – 2000	<b>202020(L1)</b> 1900 – 1955 Practice Hall	<b>Beginner Aerobics</b> 1900 – 1955 Practice Hall	<b>BLT</b> 1900 – 1955 Practice Hall	<b>Yoga Beginners</b> 1900 – 1955 Studio 1			
1900 – 2000	<b>Group Cycle</b> 1900 – 1945 Studio 2	<b>Group Cycle</b> 1900 – 1945 Studio 2		<b>Group Cycle</b> 1900 – 1945 Studio 2			
1900 – 2000		<b>Kick Boxing</b> 1900 – 1955 Studio 1	<b>Aquafit</b> 1900 – 1955 Pool	<b>Aquafit</b> 1900 – 1955 Pool			
1900 - 2000		<b>Aquafit</b> 1900 – 1955 Pool	<b>Zumba</b> 2000 – 2055 Practice Hall	<b>Cheeracise</b> 1900 – 1955 Practice Hall			<b>Aerobic Classes</b>
2000 – 2100			<b>Group Cycle</b> 2000 – 2045 Studio 2				<b>Water Classes</b>
2000 – 2100	<b>Fitness Pilates</b> 2000 – 2055 Studio 1	<b>BLT</b> 2000 – 2055 Practice Hall	<b>Fitness Pilates</b> 1900 – 1955 Studio 1	<b>Yoga Intermediate</b> 2000 – 2055 Studio 1			<b>Group Spinning</b>

All classes must be pre-booked – 01634 336655

Members may book up to seven days in advance and non members 3 days in advance in person at our reception desk  
Please note failure to give at least 2 hours notice of cancellations will result in a debit being placed on your account

Book online  
[www.medway.gov.uk/leisurebookings](http://www.medway.gov.uk/leisurebookings)

**01634 336655**