

# Walkden Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

<b>Monday</b>		<b>6:00 - 22:00</b>	
06:30-07:00	Synrgy 360	Fitness coach	Gym floor
09:30-10:00	Synrgy 360	Fitness coach	Gym floor
09:45-10:30	Aqua	Marika	Small pool
10:15-11:15	Yoga - Vinyasa Flow	Kristina	Studio 1
11:00-11:45	L.B.T	Marika	Studio 2
12:00-12:40	Aqua	Marika	Small pool
17:15-18:15	Fit Kids 4-10Yrs	Tracy	Studio 1
17:15-17:55	Strength & Conditioning	Pedro	Studio 2
17:30-18:15	Synrgy 360	Fitness coach	Gym floor
18:00-18:45	Spin	Pedro	Spin studio
18:15-18:45	H.I.I.T step	Amanda	Studio 2
19:00-19:45	Body Blast	Pedro	Gym floor
19:00-19:45	L.B.T	Aneta	Studio 2
19:00-20:00	Pilates	Pam	Studio 1

<b>Wednesday</b>		<b>6:00 - 22:00</b>	
06:30-07:00	Synrgy 360	Fitness coach	Gym floor
09:30-10:00	Synrgy 360	Fitness coach	Gym floor
10:00-11:00	Les Mills Body Pump	Leanne	Studio 2
12:30-13:30	Adult Swim	Fitness coach	Pool
12:45-13:30	Aqua	Chelsea	Small pool
17:15-18:15	Fit Kids 4-10Yrs	Jai	Studio 1
17:30-18:15	Synrgy 360	Fitness coach	Gym floor
18:15-19:00	Aqua	Aneta	Small pool
18:15-19:00	Spin	Karolina	Spin studio
18:15-19:00	Strength & Conditioning	Paul	Studio 2
19:00-20:00	Yoga - Hatha	Lelia	Studio 1
19:15-20:00	Aqua	Karolina	Small pool
19:15-19:45	Spin	Paul	Spin studio
19:15-20:00	Zumba	Aneta	Studio 2

<b>Friday</b>		<b>6:00 - 21:00</b>	
06:30-07:00	Synrgy 360	Fitness coach	Gym floor
09:30-10:00	Synrgy 360	Fitness coach	Gym floor
09:30-10:15	Les Mills Body Balance	Sheryl	Studio 1
09:30-10:30	Les Mills Body Pump	Leanna	Studio 2
10:30-11:30	Pilates	Sheryl	Studio 1
11:40-12:20	Aqua	Sheryl	Studio 1
12:00-12:45	Zumba Gold	Gabriella	Studio 2
17:30-18:15	Synrgy 360	Fitness coach	Gym floor
19:30-20:15	Aqua	Aneta	Small pool

<b>Tuesday</b>		<b>6:00 - 22:00</b>	
06:30-07:00	Synrgy 360	Fitness coach	Gym floor
09:30-10:00	Synrgy 360	Fitness coach	Gym floor
10:30-11:15	Zumba Gold	Gabriella	Studio 2
11:20-12:15	Body Tone	Gabriella	Studio 2
12:15-13:00	Aqua	Samantha	Small pool
17:15-18:15	Fit Kids 4-10Yrs	Tracy	Studio 1
17:30-18:15	Synrgy 360	Fitness coach	Gym floor
17:30-18:15	Les Mills Body Pump	Kelly	Studio 2
18:15-19:00	L.B.T	Kelly	Studio 2
18:15-19:00	Spin	Pedro	Spin studio
19:15-20:15	Yoga - Vinyasa Flow	Kristina	Studio 2
19:15-20:00	Spin	Pedro	Spin Studio

<b>Thursday</b>		<b>6:00 - 22:00</b>	
06:30-07:00	Synrgy 360	Fitness coach	Gym floor
09:30-10:00	Synrgy 360	Fitness coach	Gym floor
10:15-11:15	Stretch	Marika	Studio 2
11:30-12:15	Zumba Gold	Marika	Studio 2
12:30-13:10	Aqua Zumba	Marika	Small pool
17:15-18:15	Fit Kids 4-10Yrs	Jai	Studio 1
17:15-18:00	Spin	Pedro	Spin studio
17:30-18:15	Synrgy 360	Fitness coach	Gym floor
18:00-19:00	Boxing Circuit	Rob	Boxing area
18:15-19:00	Les Mills Body Pump	Karolina	Studio 2
18:15-19:00	Spin	Pedro	Spin studio
18:30-19:15	Zumba	Aneta	Studio 1
19:00-20:00	Boxing Circuit	Rob	Boxing area
19:15-20:00	Pilates	Karolina	Studio 2
19:30-20:15	Aqua	Aneta	Small Pool

<b>Saturday</b>		<b>8:00 - 19:00</b>	
11:15-11:45	Synrgy 360	Fitness coach	Gym floor

<b>Sunday</b>		<b>8:00 - 19:00</b>	
08:45-09:15	Spin	Pedro	Spin studio
09:30-10:15	Les Mills Body Pump	Karolina	Studio 2
09:30-10:15	Spin	Pedro	Spin studio
10:30-11:15	H.I.I.T	Pedro	Gym floor
10:30-11:15	Les Mills Body Balance	Karolina	Studio 2
11:15-11:45	Core	Pedro	Location
11:45-12:45	Yoga - Vinyasa Flow	Andrea	Studio 2
12:00-12:30	Synrgy 360	Fitness coach	Gym floor