

THE QUAYS CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
SMALL GROUP TRAINING (GYM) 09:15 - 09:45	SMALL GROUP TRAINING (GYM) 09:15 - 09:45	SMALL GROUP TRAINING (GYM) 09:15 - 10:00	SMALL GROUP TRAINING (GYM) 09:15 - 10:00	DANCE JAM 08:15 - 09:00	YOGA 08:20 - 09:15	PUMP FIT 09:00 - 10:00
ZUMBA 09:30 - 10:20	ZUMBA 09:15 - 10:00	PILATES 09:15 - 10:00	PILATES 09:15 - 10:00	SMALL GROUP TRAINING (GYM) 09:15 - 09:45	STUDIO CYCLING 08:30 - 09:15	
LES MILLS BODY BALANCE 10:30 - 11:25	CARDIO AQUAFIT 09:30 - 10:15	STRETCH & TONE 10:05 - 11:00	CARDIO AQUAFIT 09:30 - 10:15	BODY TONE 09:45 - 10:40	SMALL GROUP TRAINING (GYM) 09:15 - 09:45	
CARDIO AQUAFIT 10:45 - 11:30	PILATES 10:15 - 11:00	CARDIO AQUAFIT 10:45 - 11:30	ZUMBA 10:15 - 11:00	CARDIO AQUAFIT 09:30 - 10:15	LES MILLS BODY PUMP 09:30 - 10:25	
LES MILLS BODY PUMP 11:55 - 12:50	YOGA 11:05 - 12:00	LES MILLS BODY PUMP 11:05 - 12:00	LES MILLS BODY BALANCE 11:05 - 12:05	LES MILLS BODY PUMP 10:50 - 11:45	LADIES WHO LIFT (ADVANCED) 10:15 - 10:45	
PILATES 13:05 - 12:50	LES MILLS BODY PUMP 12:05 - 12:50	STUDIO CYCLING 12:10 - 12:55	LES MILLS BODY PUMP 12:10 - 13:05	STUDIO CYCLING 11:00 - 11:45	LES MILLS BODY COMBAT 10:30 - 11:25	
LES MILLS BODY COMBAT 18:00 - 18:45	LES MILLS BODY BALANCE 13:00 - 13:45	JUNIOR GYM (11-16yrs) 15:30 - 16:15	YOGA 13:15 - 14:00	DANCE FITNESS 18:50 - 19:35	LADIES WHO LIFT (BEGINNER) 10:50 - 11:20	
DANCE FITNESS 18:50 - 19:35	JUNIOR GYM (11-16yrs) 15:30 - 16:15	JUNIOR GYM (11-16yrs) 16:20 - 17:00	JUNIOR GYM (11-16yrs) 15:30 - 16:15	LES MILLS RPM 17:30 - 18:15	YOGA 11:05 - 12:00	
YOGA 19:45 - 20:40	JUNIOR GYM (11-16yrs) 16:20 - 17:00	LES MILLS BODY PUMP 17:00 - 17:55	JUNIOR GYM (11-16yrs) 16:20 - 17:00		DANCE JAM 11:35 - 12:20	
	LES MILLS BODY PUMP 17:30 - 18:15	LES MILLS BODY COMBAT 18:00 - 18:55	LES MILLS BODY STEP 17:35 - 18:30		JUNIOR GYM (11-16yrs) 12:30 - 13:15	
	LES MILLS BODY BALANCE 18:30 - 19:25	STUDIO CYCLING 18:00 - 18:45	LES MILLS BODY PUMP 18:35 - 19:30			
		YOGA 19:05 - 20:00				

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THE QUAYS POOL TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
SWIMMING CLUB (MAIN POOL) 05:30 - 07:00	SWIMMING CLUB (MAIN POOL) 05:30 - 07:00	SWIMMING CLUB (MAIN POOL) 05:30 - 07:00	SWIMMING CLUB (MAIN POOL) 05:30 - 07:00	SWIMMING CLUB (MAIN POOL) 05:30 - 07:00	SWIMMING CLUB (MAIN POOL) 07:00 - 09:00	SWIMMING LESSONS (MAIN POOL) 08:00 - 12:15
LANE SWIMMING (MAIN POOL) 07:00 - 15:45	LANE SWIMMING (MAIN POOL) 07:00 - 15:45	LANE SWIMMING (MAIN POOL) 07:00 - 15:45	LANE SWIMMING (MAIN POOL) 07:00 - 15:45	LANE SWIMMING (MAIN POOL) 07:00 - 15:45	LANE SWIMMING (MAIN POOL) 09:00 - 10:00	LAGOON FAMILY SWIMMING 10:15 - 17:00
PRE-SCHOOL SWIMMING LESSONS (0-4yrs) 10:00 - 11:30	PARENT & TODDLER FUN SPLASH SESSION 09:30 - 12:00 (term time) 08:45 - 10:00 (school holidays)	PARENT & TODDLER FUN SPLASH SESSION 09:30 - 12:00 (term time) 08:45 - 10:00 (school holidays)	PRE-SCHOOL SWIMMING LESSONS (0-4yrs) 10:00 - 11:30	PRE-SCHOOL SWIMMING LESSONS (0-4yrs) 10:00 - 11:00	SWIMMING LESSONS (LAGOON POOL) 08:00 - 10:00	LANE SWIMMING (MAIN POOL) 12:15 - 17:55
CARDIO AQUAFIT 10:45 - 11:30	CARDIO AQUAFIT 09:30 - 10:15	CARDIO AQUAFIT 10:45 - 11:30	CARDIO AQUAFIT 09:30 - 10:15	CARDIO AQUAFIT 09:30 - 10:15	SWIMMING LESSONS (MAIN POOL) 10:00 - 13:30	
LAGOON FAMILY SWIMMING 10:00 - 18:00	LAGOON FAMILY SWIMMING 10:00 - 18:00	LAGOON FAMILY SWIMMING 10:00 - 18:00	LAGOON FAMILY SWIMMING 10:00 - 18:00	LAGOON FAMILY SWIMMING 10:00 - 18:00	LAGOON FAMILY SWIMMING 10:15 - 17:00	
LAGOON FAMILY SWIMMING 16:00 - 19:00	LAGOON FAMILY SWIMMING 16:00 - 19:00	LAGOON FAMILY SWIMMING 16:00 - 19:00	LAGOON FAMILY SWIMMING 16:00 - 19:00	AQUA DISCO WITH MUSIC, FLUME & FEATURES (LAGOON POOL) 17:00 - 19:00		
SWIMMING LESSONS (MAIN POOL) 16:00 - 18:00	SWIMMING LESSONS (MAIN POOL) 16:00 - 19:00	SWIMMING LESSONS (MAIN POOL) 16:00 - 18:30	SOUTHAMPTON SWIMMING CLUB (MAIN POOL) 16:30 - 19:15	SWIMMING LESSONS (MAIN POOL) 16:00 - 18:30		
LANE SWIMMING (MAIN POOL) 18:00 - 21:30	LANE SWIMMING (MAIN POOL) 19:00 - 21:30	LANE SWIMMING (MAIN POOL) 18:15 - 21:30	LANE SWIMMING (MAIN POOL) 19:15 - 21:30	LANE SWIMMING (MAIN POOL) 18:15 - 21:30		

RED Sessions = School Holiday's Only

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