

# LIVE IT CLASS PLANNER

## CARDIO / CORE CLASSES

|                             |                    |           |
|-----------------------------|--------------------|-----------|
|                             | <b>MONDAY</b>      |           |
| <b>BODY TONE</b>            | 10:00am to 11:00am | Main Hall |
| <b>BOOT CAMP</b>            | 7:00pm to 8:00pm   | Main Hall |
|                             | <b>TUESDAY</b>     |           |
| <b>CARDIO LIGHT</b>         | 10:00am to 11:00am | Main Hall |
| <b>HIIT CLASS</b>           | 6:00pm to 6:25pm   | Main Hall |
| <b>HIIT CLASS</b>           | 6:30pm to 6:55pm   | Main Hall |
| <b>CIRCUIT FITNESS</b>      | 7:15pm to 8:15pm   | Main Hall |
|                             | <b>WEDNESDAY</b>   |           |
| <b>LEGS BUMS &amp; TUMS</b> | 10:00am to 11:00am | Main Hall |
| <b>STEP AEROBICS</b>        | 7:00pm to 8:00pm   | Main Hall |
| <b>ZUMBA</b>                | 8:00pm to 8:45pm   | Main Hall |
|                             | <b>THURSDAY</b>    |           |
| <b>BOX FIT</b>              | 7:15pm to 8:15pm   | Main Hall |
|                             | <b>FRIDAY</b>      |           |
| <b>HIIT CLASS</b>           | 10:00am to 10:30am | Main Hall |
| <b>HIIT CLASS</b>           | 10:30am to 11:00am | Main Hall |
|                             | <b>SATURDAY</b>    |           |
| <b>CIRCUIT TRAINING</b>     | 10:00am to 11:00am | Main Hall |

## HOLISTIC CLASSES

|                |                    |               |
|----------------|--------------------|---------------|
|                | <b>MONDAY</b>      |               |
| <b>YOGA</b>    | 11:00am to 12:00pm | Meeting Room  |
| <b>PILATES</b> | 5:30pm to 6:30pm   | Activity Room |
|                | <b>WEDNESDAY</b>   |               |
| <b>PILATES</b> | 12:30pm to 1:30pm  | Activity Room |
|                | <b>THURSDAY</b>    |               |
| <b>YOGA</b>    | 6:00pm to 7:00pm   | Activity Room |
|                | <b>FRIDAY</b>      |               |
| <b>YOGA</b>    | 11:00am to 12:00pm | Activity Room |

## AQUA CLASSES

|                 |                   |              |
|-----------------|-------------------|--------------|
|                 | <b>MONDAY</b>     |              |
| <b>AQUA FIT</b> | 9:30am to 10:15am | Main Pool    |
| <b>AQUA FIT</b> | 6:00pm to 6:45pm  | Main Pool    |
|                 | <b>WEDNESDAY</b>  |              |
| <b>AQUA FIT</b> | 9:30am to 10:15am | Main Pool    |
| <b>AQUA FIT</b> | 6:30pm to 7:15pm  | Leisure Pool |
|                 | <b>THURSDAY</b>   |              |
| <b>AQUA FIT</b> | 9:30am to 10:15am | Main Pool    |
|                 | <b>FRIDAY</b>     |              |
| <b>AQUA FIT</b> | 9:30am to 10:15am | Main Pool    |

MORE CLASSES AVAILABLE ACROSS OUR OTHER LEISURE FACILITIES VISIT [WWW.HCANDL.CO.UK](http://WWW.HCANDL.CO.UK)

# SWIMMING POOLS

## MAIN POOL: PUBLIC SWIMMING

|                   |                   |                  |                   |
|-------------------|-------------------|------------------|-------------------|
| <b>MONDAY:</b>    | 10:30am to 3:00pm | 4:00pm to 5:45pm | 7:00pm to 08:00pm |
| <b>TUESDAY:</b>   | 7:00am to 3:00pm  | 4:00pm to 5:45pm |                   |
| <b>WEDNESDAY:</b> | 10:30am to 3:00pm | 4:00pm to 5:45pm |                   |
| <b>THURSDAY:</b>  | 10:30am to 3:00pm | 4:00pm to 5:15pm |                   |
| <b>FRIDAY:</b>    | 1:00pm to 3:00pm  | 4:00pm to 7:15pm |                   |
| <b>SATURDAY:</b>  | 9:45am to 3:00pm  |                  |                   |
| <b>SUNDAY:</b>    | 9:00am to 2:00pm  |                  |                   |

## MAIN POOL: ADULT SWIMMING

|                   |                  |                                    |   |
|-------------------|------------------|------------------------------------|---|
| <b>MONDAY:</b>    | 7:00am to 9:15am | 9:15am to 10:30am* (deep end only) | 8:00pm to 9:00pm**                                  |
| <b>WEDNESDAY:</b> | 7:00am to 9:15am | 9:15am to 10:30am* (deep end only) | 8:15pm to 9:00pm                                    |
| <b>THURSDAY:</b>  | 7:00am to 9:15am | 9:15am to 10:30am* (deep end only) |   |
| <b>FRIDAY:</b>    | 7:00am to 9:15am | 9:15am to 10:30am* (deep end only) | 7:15pm to 9:00pm                                    |
| <b>SUNDAY:</b>    | 2:00pm to 3:00pm |                                    | Shared pool with junior lifeguard training sessions |

## TEACHING POOL: PUBLIC SWIMMING

|                   |                  |
|-------------------|------------------|
| <b>MONDAY:</b>    | 4:00pm to 8:00pm |
| <b>TUESDAY:</b>   | 9:00am to 1:00pm |
| <b>WEDNESDAY:</b> | 9:00am to 1:00pm |
| <b>SATURDAY:</b>  | 1:00pm to 3:00pm |
| <b>SUNDAY:</b>    | 9:00am to 2:00pm |

## TEACHING POOL: ADULT SWIMMING

|                   |                  |
|-------------------|------------------|
| <b>MONDAY:</b>    | 8:00pm to 9:00pm |
| <b>WEDNESDAY:</b> | 8:00pm to 9:00pm |
| <b>SUNDAY:</b>    | 2:00pm to 3:00pm |

## LEISURE FUN POOL: PUBLIC SWIMMING\*\*\*

|                   |                      |                  |                  |
|-------------------|----------------------|------------------|------------------|
| <b>MONDAY:</b>    | 9:00am to 3:00pm     | 4:00pm to 8:30pm |                  |
| <b>TUESDAY:</b>   | 9:00am to 12:00 noon | 4:00pm to 9:00pm |                  |
| <b>WEDNESDAY:</b> | 9:00am to 3:00pm     | 4:00pm to 6:00pm | 7:30pm to 9:00pm |
| <b>THURSDAY:</b>  | 12:30pm to 3:00pm    | 4:00pm to 9:00pm |                  |
| <b>FRIDAY:</b>    | 9:00am to 3:00pm     | 4:00pm to 6:00pm |                  |
| <b>SATURDAY:</b>  | 9:00am to 4:00pm     |                  |                  |
| <b>SUNDAY:</b>    | 9:00am to 4:00pm     |                  |                  |

## AQUA TOTS: LEISURE FUN POOL

|                 |                      |
|-----------------|----------------------|
| <b>TUESDAY:</b> | 12:00 noon to 3:00pm |
|-----------------|----------------------|

## DISABILITY SWIMMING:

|                  |                       |                           |                       |                  |
|------------------|-----------------------|---------------------------|-----------------------|------------------|
| <b>THURSDAY:</b> | 10:00am to 12:00 noon | Teaching Pool             | 10:15am to 12:00 noon | Leisure Fun Pool |
| <b>FRIDAY:</b>   | 10:30am to 12:00 noon | Main Pool & Teaching Pool |                       |                  |

## DISCO DIVE: LEISURE FUN POOL

|                |                  |
|----------------|------------------|
| <b>FRIDAY:</b> | 6:30pm to 8:00pm |
|----------------|------------------|

\*Please note adult swimming sessions located in the deep end of the main swimming pool are not suitable for non swimmers.

\*\*Session may be shared with staff training.

\*\*\*Please note during busy times and school holidays leisure pool swimming may be limited to a 45 min sessions. The leisure fun pool water slide is available on request subject to availability, ask staff for more details.

Please note this timetable may be subject to changes. Teaching pool timetable maybe subject to private bookings