

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

06.30	06.30-07.15 RPM™ Nicola 1	06.30-07.15 Body Pump™ Gemma 1	06.45-07.15 HIIT Michelle G	06.30-07.15 RPM™ Claire 1	06.30-07.00 Metafit™ Gemma 1	06.30
08.15						08.15
08.30	08.30-09.15 RPM™ Michelle 1				08.30-09.30 Intermediate Step Wendy 1	08.30
08.45					08.30-09.30 Vinyassa Yoga Amanda J 2	08.45
09.00		09.15-10.00 Aqua Circuits Nicola P	09.30-10.30 Advanced Pilates Marie 3	09.30-10.30 Step & Conditioning Wendy 1	09.30-10.30 Body Attack™ Melissa 1	09.00
09.15				09.30-10.30 Nia™ Louise 2	09.30-10.30 Body Balance™ Amanda K 2	09.15
09.30	09.30-10.30 Body Attack™ Michelle 1	10.05 - 10.50 Aqua Circuits Nicola P	10.30-11.30 Physio Pilates (BB) Leanne 3	10.30-11.30 Mum & Baby Yoga (BB) Elaine 3	09.30-10.30 Aqua Aerobics (Deep) Kay P	09.30
09.45				10.00-10.30 P & T Swim (BB) 15m - 3yrs P	10.00-11.00 Cardio Tennis Alan T/C	09.45
10.00	10.35-11.35 Body Pump™ Sarah G 1	10.30-11.30 Hatha Yoga Amanda J 2	10.30-11.30 Les Mills Tone Amanda K 1	10.35-11.35 Body Pump™ Sarah G 1	10.35-11.35 Intermediate Pilates Pamela 3	10.00
10.15				10.30-11.00 P & T Swim (BB) 3-4yrs P		10.15
10.30	11.40-12.25 Sh'Bam™ Sarah M 1	11.30-12.30 Cardio Tennis Alan T/C	11.30-12.00 TRX™ Nicola 1	11.00-11.30 P & T Swim (BB) 4-15m P	10.35-11.35 Total Body Workout Wendy 1	10.30
10.45				11.30-12.15 Pilates In Motion Pamela 3	11.00-11.45 Body Balance™ Eve 2	10.45
11.00	12.00-13.00 Hatha Yoga Laura 2		12.05-12.50 Zumba™ Tasha 1	12.00-13.00 Hatha Yoga Deborah 2	10.45-11.45 Physio Pilates (BB) Julie 3	11.00
11.15					11.45-12.45 Physio Pilates (BB) Julie 3	11.15
11.30	13.00-13.30 Rugby Tots (BB) 1	13.00-14.00 Gym Circuits Gym Team G	13.00-13.45 Indoor Cycle Leanne 1	13.00-14.00 Hatha Yoga Deborah 2	12.00-12.30 HIIT Ali G	11.30
11.45						11.45
12.00	13.45-14.30 Rugby Tots (BB) 1					12.00
12.15						12.15
12.30						12.30
12.45						12.45
13.00						13.00
13.15						13.15
13.30						13.30
13.45						13.45
14.00						14.00
14.15						14.15
16.00		16.00-17.30 Teen Gym Gym Team G				16.00
16.15						16.15
16.30	16.40-17.10 Yoga Bugs Louisa 2					16.30
16.45						16.45
17.00	17.15-18.00 Teen Yoga Louisa 2					17.00
17.15						17.15
17.30						17.30
17.45						17.45
18.00	18.00-18.30 CXWORX™ Michelle 2	18.00-18.45 Physio Pilates (BB) Catherine 3	17.40-18.25 Body Combat™ Michelle 1	18.30-19.30 Pilates Michelle 3	17.30-18.00 Kettlebells Mike 1	18.00
18.15	18.30-19.00 CXWORX™ Sharon 2	18.30-19.15 Body Pump™ Sharon 1	18.30-19.15 Vinyassa Yoga Amanda J 2		18.15-19.00 RPM™ Michelle 1	18.15
18.30	19.05-19.50 Body Step™ Sharon 1	19.00-20.00 Cardio Tennis Alan T/C	18.50-19.35 Physio Pilates (BB) Catherine 3		18.30-19.30 Beginners Yoga (BB) Lisa 2	18.30
18.45					18.30-19.30 Physio Pilates (BB) Katie 3	18.45
19.00	19.30-20.00 HIIT Mike G	19.35-20.35 Ski Fit Michelle 1	19.35-20.35 Vinyassa Yoga Amanda J 2		18.30-19.15 Body Conditioning Susan 3	19.00
19.15					18.30-19.15 Cardio Tennis Alan T/C	19.15
19.30	20.00-20.50 Spin Sinead 1				18.35-19.35 Iyengar Yoga Fiona 2	19.30
19.45					19.30-20.15 Aqua Aerobics Nicola P	19.45
20.00						20.00
20.15						20.15
20.30						20.30
20.45						20.45
21.00						21.00
21.15						21.15
21.30						21.30

Bookings open 7 days in advance at 7.15am. Book online or contact Reception on 01224 734747.

1
Kids Classes

1
Studio 1

2
Studio 2 (Yoga)

3
Studio 3 (Pilates)

P
Pool

G
Gym

T/C
Tennis Courts

Friday, Saturday & Sunday on reverse side

FRIDAY

SATURDAY

SUNDAY

POOL TIMETABLE

Bookings open 7 days in advance at 7.15am. Book online or contact Reception on 01224 734747.

1
Kids Classes

1
Studio 1

2
Studio 2 (Yoga)

3
Studio 3 (Pilates)

P
Pool

G
Gym

T/C
Tennis Courts

Friday, Saturday & Sunday on reverse side

06.30	06.30-07.00 Fat Burn Extreme Michelle 1			06.30
06.45				06.45
08.00			08.00-08.50 RPM™ Michelle 1	08.00
08.15				08.15
08.30	08.30-09.20 RPM™ Lorraine 1			08.30
08.45				08.45
09.00		09.00-09.30 Body Pump Exp Michelle 1	09.00-10.30 Learn To Swim (BB)	09.00
09.15				09.15
09.30	09.30-10.30 Body Conditioning Wendy 1	09.30-10.30 Vinyasa Flow Yoga Lisa 2	09.30-10.15 Parent & Baby Dance (BB) 3	09.30
09.45		09.30-10.00 CXWORX™ Sharon 3	09.00-10.30 Mens Yoga Karina 2	09.45
10.00		09.40-10.10 CXWORX Michelle 1	09.30-10.15 Parent & Baby Dance (BB) 3	10.00
10.15		10.15-11.00 Body Attack™ Natalie 1	10.00-10.45 Body Combat™ Amanda K 1	10.15
10.30	10.35-11.05 Body Attack Exp Lorraine 1	10.15-11.00 Pilates Marie 3	10.00-11.00 Functional Pilates Maureen 3	10.30
10.45		10.40-12.10 Hatha Yoga Karina 2	10.25-11.10 Hip Hop (BB) 3	10.45
11.00	11.10-12.10 Nia™ Louise 1	11.00-12.00 Intermediate Pilates Marie 3	11.00-12.00 Cheerleading (BB) 3	11.00
11.15		11.10-12.10 Body Balance™ Amanda J 2	11.15-12.00 Cheerleading (BB) 3	11.15
11.30		12.05-12.50 Beginners Pilates (BB) Marie 3		11.30
11.45				11.45
12.00				12.00
12.15				12.15
12.30				12.30
12.45			12.45-13.45 Gym Circuits	12.45
13.00	13.00-13.45 Body Pump™ Sharon 1			13.00
13.15		12.45-13.45 Gym Team G		13.15
13.30				13.30
13.45				13.45
14.00				14.00
14.15				14.15
14.30				14.30
14.45				14.45
15.00			14.00-15.00 Teen Gym Gym Team G	15.00
15.15				15.15
15.30			15.00-16.00 Teen Gym Gym Team G	15.30
15.45	15.45-16.30 Gymnastics (BB) 1			15.45
16.00				16.00
16.15			16.00-17.00 Beginners Karate (BB) David 3	16.15
16.30	16.35-17.35 Gymnastics (BB) 1			16.30
16.45				16.45
17.00				17.00
17.15				17.15
17.30				17.30
17.45	17.45-18.30 Revolution Darren 1	17.45-18.15 Metafit™ Linda 3		17.45
18.00		18.20-18.50 CXWORX™ Linda 3		18.00
18.15				18.15
18.30	18.40-19.40 Karate Club (BB) David 1	18.50-19.50 Vinyasa Yoga Vicki 2		18.30
18.45				18.45
19.00				19.00
19.15			19.00-20.00 Vinyasa Yoga Vicki 2	19.15
19.30				19.30
19.45				19.45
20.00				20.00

CLUB INFORMATION

Schedules Dates:
Monday 28th October - Sunday 22nd December

Opening Hours
Monday to Thursday 5.30am-10.00pm
Friday 5.30am-9.00pm
Saturday & Sunday 7.00am-9.00pm

01224 734747
www.kippielodge.co.uk

	M	T	W	T	F	S	S
6am							
7am	Adults Only Session						
8am	Adults Only Session						
9am						Learn To Swim (Pool Open)	Family Swim (No Lane)
10am	Aqua Circuits (Lane In)	Parent & Toddler Swim (No Lane)	Aqua Aerobics (Pl Closed)	Aqua Circuits (No Lane)			
11am							
12pm	Adults Only Session						
1pm		P&T Swim (No Lane)					
2pm							
3pm							Splash Time (No Lane)
4pm							
5pm		Learn To Swim (Pool Closed)			Splash Time (No Lane)		
6pm							
7pm							
8pm					Aqua Aerobics (Lane In)		
9pm	Adults Only Session						
10pm							