

A FANTASTIC FAMILY FUN DAY OUT AT

Guildford Spectrum

ice skating,
tenpin bowling
or swimming in the
leisure pool

any **2**
activities
for only
£39.00
For a family of four

all **3**
activities
for only
£59.00
For a family of four

Tickets available
until 31st December 2013

For more information pick up
a leaflet or ask at reception

www.guildfordspectrum.co.uk

All children under 9 must be accompanied in the water by an adult and a maximum of 2 children to each adult are allowed in the pool. Your last activity must be started by 5pm. All activities are subject to availability.



GUILDFORD
SPECTRUM
LEISURE COMPLEX

SPECTRUM

XMAS & NEW YEAR

Monday 23rd December 2013 to
Sunday 5th January 2014





Spectrum Gift Vouchers make the perfect gift

Gift Vouchers are available from Customer Services
Terms & Conditions apply

Specky's Crèche

Specky's Crèche is OFSTED registered and is available to all children from 3 months to 4 years 11 months.

The Crèche is open Monday to Friday 9.30am - 1.30pm (excluding bank holidays, closed from 25th December and reopens on 2nd January). The maximum time your child can stay is 4 hours.

90 minutes

Babies, £4.10 or multi-ticket (5 sessions) £19.60
2 - 4 yrs, £3.40 or multi-ticket (5 sessions) £16.10

2 hours

Babies, £5.80 2 - 4 yrs, £5.20

Drop and Shop

Children can be left in the care of Specky's Crèche for parents/guardians that wish to leave the premises. The maximum time your child can stay is 4 hours. The fee charged is £6.40 per hour.

To book a place please

telephone 01483 443322 (select option 5)



SPECTRUM christmas bowl parties

Bowl Parties

Spectrum Bowl is the perfect venue for that alternative party experience.

From Sunday 1st - Monday 30th December

Call direct for more information or to book on: 01483 443377 or email:

bowl@guildfordspectrum.co.uk

A non-refundable £50 deposit is required at time of booking. Terms & conditions apply.

*Parties starting from £16.00 per person, including food!

New Year's Eve between 2pm & 5.30pm

1 game of bowling
for only

£3

or 2 games
for only

£5

Offer applies per person. Normal booking fees apply. Parties may be split over more than one lane to facilitate our closing times.



Come & join the FESTIVE FUN This Christmas

This Christmas at Spectrum we have a range of different activities on offer as well as the usual favourites...come and see us on Christmas Day for swimming and skating or start the New Year eve celebrations at Spectrum Bowl with a striking offer of 2 games for just £5.00!

For further information visit our website www.guildfordspectrum.co.uk

Booking Arrangements

- Bookings for the Christmas programme can be made Monday-Thursday from 9am-6.30pm, Friday from 9am-6pm and Saturday from 9am-1pm. Bookings will commence on Monday 25th November 2013. Bookings can be made in person at the Customer Service Desk or by telephoning 01483 443322 option 4. Course bookings will only be accepted with payment. All major credit and debit cards are accepted (not American Express). Cheques should be made payable to Freedom Leisure. All course places are sold on a first come, first served basis. We regret we can not guarantee a place on any course. Waiting lists will be opened once a course becomes full.
- All courses include admission to Guildford Spectrum for the course member and one guardian. All courses include skate/shoe hire where applicable. In the event of Spectrum management being forced to cancel courses, customers shall be entitled to a full refund of fees. In the event of any accident which requires

immediate hospital attention, Spectrum reserves the right to adopt appropriate emergency action. Instructors should be notified in advance of any children with medical problems.

- Customer requests for refunds more than 7 days before the start of the course will be subject to a £5.00 administration charge. No refunds will be given for courses cancelled by the customer 7 days prior to, or any time after the start of the course. Request for refunds must be given in writing.
- Guildford Spectrum accepts a variety of different child care vouchers for Xtreme Activate and Specky's Crèche. Please call Guildford Spectrum on 01483 443322 for further information.
- Every effort has been taken to maintain the accuracy of all times and prices in this brochure. We will endeavour to communicate any amendments and inaccuracies that may occur.

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Spectrum Ice Timetable

Training Ice / non public ice skating session

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
Training Ice 5.30am-10.45am	Training Ice 8.30am-10.45am	SKATE FOR ALL 10.30am-12noon	SKATE FOR ALL 11am-2pm	Training Ice 6am-10.45am	Training Ice 6am-10.45am	Junior Ice Hockey 6am-10.45am
SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	£5.80 per person +£1.90 skate hire	Guildford Flames vs. Bracknell Bees 4pm Face Off	SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	Family Time 11am-1pm (figure skates only)	Family Time 11am-1pm (figure skates only)
Simply Skate 8.30pm-10pm	No evening skate	(Tickets must be booked in advance www.guildfordspectrum.co.uk)		2Xtreme 6.30pm-8pm Ice Xtreme 8.30pm-11pm	SKATE FOR ALL 2pm-4.30pm Ice Hockey 5pm-8.15pm Ice Xtreme 8.30pm-11pm	Training Ice 1.15pm-2pm SKATE FOR ALL 2pm-4.30pm Ice Hockey 5pm-8.15pm Ice Xtreme 8.30pm-10.30pm

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
Training Ice 5.30am-10.45am	Training Ice 8.30am-10.45am	SKATE FOR ALL 11am-2pm	Training Ice 6am-10.45am	Training Ice 6am-10.45am	Training Ice 5.30am-10.15am	Junior Ice Hockey 5.30am-10.15am
SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	Guildford Flames vs. Basingstoke Bison 4pm Face Off	SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)	Family Time* 10.30am-12noon (figure skates only)	Family Time 10.30am-12noon (figure skates only)
Simply Skate 8.30pm-10pm		KIDS FREE	Ice Cool Classics 8.30pm-10.30pm	2Xtreme 6.30pm-8pm Ice Xtreme 8.30pm-11pm	SKATE FOR ALL 12.30pm-2pm 3pm-4.30pm Ice Xtreme 8.30pm-11pm	SKATE FOR ALL 12.30pm-2pm
						Ice Disco 3pm-4.30pm Guildford Flames vs. Slough Jets 6pm Face Off Ice Xtreme 8.30pm-10.30pm

Skate For All prices: Adults from £5.80, Juniors £5.10, Family of Four (maximum 2 adults, minimum of 2 under 16's) £18.40, Skate hire £1.80 per person

Penguin shaped skating aids are available to hire for our younger skaters at these sessions. £2.00 per 15 minutes. Safety helmets are available free of charge for children under 10 years.



Guildford Flames Ice Hockey Matches



Thursday 26th December Face-off 4pm
*Guildford Flames vs Bracknell Bees

Wednesday 1st January Face-off 4pm
*Guildford Flames vs Basingstoke Bison **KIDS FREE**

Sunday 5th January Face-off 6pm
Guildford Flames vs Slough Jets

For tickets visit our online box office at www.guildfordspectrum.co.uk or call the box office on **01483 443333**

Book Skating Tickets Online

Skating tickets are available to book online for school holidays, weekends and Christmas Day.

Visit our website; guildfordspectrum.co.uk click 'on-line box office - ice skating' or call our box office on: **(01483) 443333**

Guildford Spectrum presents
an adaptation of



Snow White on ice

Friday 13th, Saturday 14th & Sunday 15th December,
Matinee & Evening Performances

Call the Box Office on **(01483) 443333** or
book online at www.guildfordspectrum.co.uk



Christmas Day at Guildford Spectrum

skate

10.30am - 12noon
£5.80 (+£1.90 skate hire)
Tickets must be booked in advance



swim

10.00am - 12noon
£5.80 (all pools open)
Tickets can be booked in advance



visit RECEPTION for tickets or call **(01483) 443322**

www.guildfordspectrum.co.uk

Please note no catering, only vending machines available on this day

Holiday Activities

Xtreme Activate Day Camps

Xtreme Activate will keep your child active and entertained for the whole day! Your child will take part in a range of activities on different days including: bowling, swimming*, ice skating, trampolining, arts and crafts and more! Activities will change on a daily basis, please see our website or call Customer Services on 01483 443322 (select option 4) for further details. *if over 9 years



Mon 23rd, Tues 24th & Fri 27th December 10am-4pm 5-12 yrs **£23.50 per day**
Mon 30th & Tues 31st Dec, Thurs 2nd & Fri 3rd January 10am-4pm 5-12 yrs **£23.50 per day**

Xtreme Activate Xtra Day Camps

Mon 23rd & Fri 27th December 8.30am-6pm 5-12 yrs **£32.20 per day**
Mon 30th Dec, Thurs 2nd & Fri 3rd January 8.30am-6pm 5-12 yrs **£32.20 per day**

Every child being booked onto our Xtreme Activate programme will need to complete a registration form and an administration and emergency medication form. These forms are available online from our website www.guildfordspectrum.co.uk and must be completed and returned at least a week before the date of your first session.

Trampolining

Thursday 2nd January 10.30pm-12noon 4-12 yrs **£8.60**
Thursday 2nd January 2.30pm-4pm 4-12 yrs **£8.60**

Reach for the sky with these fun-packed sessions and learn to tuck, straddle, pike and then progress on to more advanced moves. Socks must be worn. Please note participants should wear long trousers, bring trainers for warm up and no jewellery.

Flair Gymnastics, Trampolining & Acrobatics



Monday 30th December 10am-1pm 4-17yrs **£39.00**

A fun packed 'upside-down' holiday course for all levels and abilities.

The course will include 3 learning zones:

Gymnastics - Learn to tumble and vault from the experts, using our advanced equipment

Acrobatics - Human balancing, pyramids, tricks and flips

Trampolining - Get some air, twist turn and somersault! Under the safe instruction of high level Flair coaches

To book or for more information, please call 08450 346700 or visit www.ukflair.com

Parent & Toddler Bounceabout

Monday 27th December 9am-10am From walking-4yrs **£5.60**

This activity is for both parents and toddlers to have fun together. It includes bouncy castle, ball pond, trampolines and soft play. A parent must accompany their child throughout the session. Session fee is for one adult and one child. Long trousers and socks must be worn for trampolining.

Roller Skating

Friday 27th December 12.30pm-2.30pm ALL AGES **£10.00**

Have fun and learn both quad & inline. Skates suitable for all ages, equipment provided, skates, wrist, elbow & knee pads.



Little Golfers

Friday 3rd January 12.30pm-3.30pm 5-11yrs **£16.40**

Come and try a range of fun filled games and activities which incorporate the basics of golf. Learn the basics of putting, chipping, the long game and find out how fun golf is, from a training Little Golfers coach. All sessions are designed for active children; we use specially adapted equipment which ensures all children are safe.



Archery

Monday 30th December 12.30pm-2.30pm 8-14yrs **£14.70**
Friday 3rd January 12.30pm-2.30pm 8-14yrs **£14.70**

Whether you have experience or are a complete novice, come along for an afternoon of tuition and competition in this noble sport.



Specky's Pirate Ship

Pirate Pups

An exclusive session for parents and their under 5's during school holidays. This session runs on Thursday 2nd January between 10am-11am and costs £4.70 for 1 child and an accompanying adult.

No booking required.



Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
10am-4pm	10am-4pm	CLOSED	11am-4pm	10am-4pm	9am-5pm	9am-3.45pm

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
10am-4pm	10am-4pm	11am-4pm	Pirate Pups 10am-11am Public Session 11am-4pm	10am-4pm	9am-11.45am Private Parties 12noon-5pm	9am-11.45am Private Parties 12noon-5pm



Spectrum Pools Timetable

	Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
Leisure Pool	SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	Toddler Splash* 8.30am-9.30am SWIM FOR ALL 9.30am-5pm No Aqua Classes	SWIM FOR ALL 10am-12noon £5.80 per person all 4 pools No Aqua Classes	SWIM FOR ALL 10.30am-4pm No Aqua Classes	SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	SWIM FOR ALL 9.30am-6pm	Toddler Splash 8.30am-9.30am SWIM FOR ALL 9.30am-6pm
25M Pool	SWIM FOR ALL 10.30am-5.30pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-7pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9.30am SWIM FOR ALL 10.30am-4pm Lane Swim (4 Lanes) 12noon-1.30pm No Aqua Classes	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm Lane Swim (4 Lanes) 12noon-1.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am SWIM FOR ALL 10.30am-5pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-7pm	Lane Swim 9am-11am SWIM FOR ALL 11am-5pm	Lane Swim 8.30am-11am SWIM FOR ALL 11am-5pm
Teaching Pool	SWIM FOR ALL 9.30am-6.30pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 9.30am-6.30pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 9.30am-5pm
Diving Pool	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm

	Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
Leisure Pool	SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	Toddler Splash* 8.30am-9.30am SWIM FOR ALL 9.30am-5pm No Aqua Classes	SWIM FOR ALL 11am-5pm No Aqua Classes	Toddler Splash* 8.30am-9.30am SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	SWIM FOR ALL 9.30am-6pm	Toddler Splash 8.30am-9.30am SWIM FOR ALL 9.30am-6pm
25M Pool	SWIM FOR ALL 10.30am-5.30pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-7pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9.30am SWIM FOR ALL 10.30am-4pm Lane Swim (4 Lanes) 12noon-1.30pm No Aqua Classes	SWIM FOR ALL 11am-5pm Lane Swim (4 Lanes) 12noon-1.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am SWIM FOR ALL 10.30am-5.30pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-6.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am SWIM FOR ALL 10.30am-5.30pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-6.30pm	Lane Swim 9am-11am SWIM FOR ALL 11am-5pm	Lane Swim 8.30am-11am SWIM FOR ALL 11am-5pm
Teaching Pool	SWIM FOR ALL 9.30am-6.30pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 11am-5pm	SWIM FOR ALL 9.30am-6.00pm	SWIM FOR ALL 9.30am-6.00pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 9.30am-5pm
Diving Pool	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 11am-4pm	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm

Spectrum Bowl Timetable

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
BOWL FOR ALL 9.30am-10.45pm Last entrance 10pm	BOWL FOR ALL 9.30am-6pm Last entrance 5.15pm	CLOSED	BOWL FOR ALL 11am-7pm Last entrance 6.15pm	BOWL FOR ALL 9.30am-11.15pm Last entrance 10.30pm	BOWL FOR ALL 9am-11.15pm Last entrance 10.30pm	BOWL FOR ALL 9am-11.15pm Last entrance 10.30pm

Monday 30th December	Tuesday 31st January	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
BOWL FOR ALL 9.30am-10.45pm Last entrance 10pm	BOWL FOR ALL 9.30am-6pm Last entrance 5pm NEW YEAR'S EVE SPECIAL between 2pm & 5.30pm see page 1 for details	BOWL FOR ALL 11am-7pm Last entrance 6.15pm	BOWL FOR ALL 9.30am-11.15pm Last entrance 10.30pm	BOWL FOR ALL 9.30am-11.15pm Last entrance 10.30pm	BOWL FOR ALL 9am-11.15pm Last entrance 10.30pm	BOWL FOR ALL 9am-11.15pm Last entrance 10.30pm

Bowl For All prices

Adults £5.50, Juniors £5.00,

Family Ticket (maximum 2 adults &

2 under 16's) £20.00 Shoe hire now included!

Multi-game discount will be available, see Bowl reception for details.

Normal booking fees apply. Groups may be split over more than one lane to facilitate our closing times.



Swim For All prices:

Adults £6.60, Juniors £5.00,
Family of Four (maximum 2 adults
& 2 under 16's) £20.00

Wednesday 25th December:

£5.80 per person all pools

**Leisure Pool: Friday 20th December &
Monday 6th January**

Opening hours 9.30am - 6.30pm

All children under 9 years of age must be accompanied in the water by a responsible adult. Only 2 children under 9 years to every one adult of which only one child can be under 4 years. During Toddler Splash sessions up to 2 children under 4 years can be accompanied by a responsible adult. An adult is someone 16 years and over.

*Toddler Splash - Exclusive session for parents and under 5's - strictly 8.30am-9.30am session £4.10 for 1 adult and 1 under 5. Swimmers will be asked to leave the pool at 9.30am. Last admission at 8.45am.

Sports Arena & Squash Courts

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
Main sports hall closed for floor maintenance				8am-10am	8am-10am	8am-10am
Small Halls 8am-11am	Small Halls 8am-11am	CLOSED	Small Halls 8am-11am			

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
8am-11pm	8am-6pm	8am-5pm	8am-10pm	8am-10pm	8am-10pm	8am-10pm

Gym & Spa

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
Gym & Spa 6.30am-10.30pm	Gym & Spa 9am-5pm	CLOSED	Gym & Spa 11am-4pm	Gym & Spa 6.30am-10pm	Gym & Spa 8.30am-6pm	Gym & Spa 8.30am-6pm
Power Plate 12noon-12.30pm	Junior Class 10am-11am		Junior Class 11am-12noon	Junior Class 4pm-5.30pm	Junior Class 10am-11am	Junior Class 10am-11am
Junior Class 4pm-5.30pm						

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
Gym & Spa 6.30am-10.30pm	Gym & Spa 9am-5pm	Gym & Spa 11am-4pm	Gym & Spa 6.30am-10.30pm	Gym & Spa 6.30am-10pm	Gym & Spa 8.30am-6pm	Gym & Spa 8.30am-6pm
Power Plate 12noon-12.30pm	Junior Class 10am-11am	Junior Class 11am-12noon	Power Plate 9.30am-10am 12noon-12.30pm 7.30pm-8pm	Junior Class 4pm-5.30pm	Junior Class 10am-11am	Junior Class 10am-11am
Junior Class 4pm-5.30pm			Junior Class 4pm-5.30pm			

Memberships

**Free Induction - No Contract - No Joining Fee
- No Renewal Fee - No Cancellation Fee**

**new year's resolution?
we're the solution!**

**to find out more call;
01483 443337**



Fitness & Group Exercise Timetable

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
9.30am-10.25am Body Pump™ £6.10 AS ☺	9.45am-10.40am Legs, Bums & Tums £5.60 AS	NO CLASSES	12.30pm-1.15pm Spinning*** £5.20	9.45am-10.40am Legs, Bums & Tums £5.60 AS	8.30am-9.30am Spinning*** £5.80	9.30am-10.25am Legs, Bums & Tums £5.90 AS
10am-10.45am Spinning*** £5.20	12.30pm-1.15pm Spinning*** £5.20		6.45pm-7.45pm Body Combat™ £6.10 AS	12.30pm-1.15pm Spinning*** £5.20	9.30am-10.30am Spinning*** £5.80	10am-11am Spinning*** £5.80
10.45am-11.45am Body Balance™ £6.10 AS ☺				5.30pm-6.25pm Spinning*** £5.80	9.30am-10.25am ZUMBA!® £5.60 AS	10.30am-11.30am Yoga £8.00 S
12.30pm-1.15pm Spinning*** £5.20				6pm-6.50pm Body Pump™ £5.80 AS	10am-11am Boot Camp Fitness (outdoors) £5.60 EL	6pm-7pm Spinning*** £5.80
5.45pm-6.40pm Spinning*** £5.80				6.30pm-7.30pm Spinning*** £5.80	10.30am-11.25am Body Pump™ £6.10 AS	
6.45pm-7.40pm Spinning*** £5.80					11.30am-12.30pm Body Combat™ £6.10 AS	
6pm-6.55pm Body Step™ £6.10 AS						
6pm-7pm Kettlebells £5.60 CR						
7pm-7.55pm Body Pump™ £6.10 AS						
7.45pm-8.40pm Spinning*** £5.80						

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
9.30am-10.25am Body Pump™ £6.10 AS ☺	12.30pm-1.15pm Spinning*** £5.20	12.30pm-1.15pm Spinning*** £5.20	6.30am-7.30am Spinning*** £5.20	9.45am-10.40am Legs, Bums & Tums £5.60 AS	8.30am-9.30am Spinning*** £5.80	9.30am-10.25am Legs, Bums & Tums £5.90 AS
10am-10.45am Spinning*** £5.20			9.30am-10.25am Body Step™ £5.90 AS	10.45am-11.40am Body Balance™ £6.10 AS ☺	9.30am-10.30am Spinning*** £5.80	10am-11am Spinning*** £5.80
10.45am-11.45am Body Balance™ £6.10 AS			10.30am-11.25am ZUMBA!® £5.60 AS ☺	12.30pm-1.15pm Spinning*** £5.20	9.30am-10.25am ZUMBA!® £5.60 AS	10.30am-11.30am Yoga £8 S
12.30pm-1.15pm Spinning*** £5.80			12.30pm-1.15pm Spinning*** £5.20	5.30pm-6.25pm Spinning*** £5.80	10am-11am Boot Camp Fitness (outdoors) £5.60 EL	11.45am-12.45pm Barre Concept™ £7.30 S
5.45pm-6.40pm Spinning*** £5.80			1pm-1.30pm Kettlebells £3.60	6pm-6.50pm Body Pump™ £5.80 AS	10.30am-11.25am Body Pump™ £6.10 AS	6pm-7pm Spinning*** £5.80
6pm-6.55pm Body Step™ £6.10 AS			5.45pm-6.40pm Spinning*** £5.80	6pm-7pm Body Balance™ £6.10 S	11.30am-12.30pm Body Combat™ £6.10 AS	
6pm-7pm Kettlebells £5.60 CR			6.45pm-7.40pm Spinning*** £5.80	6.30pm-7.30pm Spinning*** £5.80		
6.45pm-7.40pm Spinning*** £5.80			6.45pm-7.40pm Body Combat™ £6.10 AS			
7pm-8pm Body Pump™ £6.10 AS			7.45pm-8.40pm Spinning*** £5.80			
7.45pm-8.40pm Spinning*** £5.80			7.45pm-8.40pm Body Pump™ £6.10 AS			

Key For a full list of Aqua classes please see the pools timetable on page 7

- AS = Action Suite
- A = Arena
- EL = Energy Level Gym
- S = Studio
- ☺ = Spinning
- ☺ = Mind & Body Classes
- ☺ = Course only
- ☺ = Cardio Classes
- ☺ = Gym Circuits
- ☺ = Dance Classes
- ☺ = Toning Classes

* Gym members only

** Course with drop in option

*** Not available on fitness direct.

† Not available on Fitness Direct or Energy Direct+ memberships

‡ Special rate for Primetime members available, please enquire at reception

**Book your classes online at:
www.guildfordspectrum.co.uk**

• aqua classes • spinning • group exercise

Booking 14 days in advance

