

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 2014

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, Parkway, Guildford, Surrey GU1 1UP • www.guildfordspectrum.co.uk • Tel: 01483 443322

Freedom Leisure working in partnership with Guildford Borough Council



GUILDFORD
SPECTRUM
LEISURE COMPLEX

SPECTRUM

XMAS & NEW YEAR

Monday 22nd December 2014 to
Sunday 4th January 2015



www.guildfordspectrum.co.uk • Tel: 01483 443322





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 24th December and reopens on 2nd January). The maximum time your child can stay is 4 hours.

90 minutes

Babies, £4.25 or multi-ticket (5 sessions) £20.30
2 - 4 yrs, £3.55 or multi-ticket (5 sessions) £16.65

2 hours

Babies, £6.10 2 - 4 yrs, £5.50

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 £6.65 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 Monday 1st - Tuesday 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

£4

or 2 games
for only

£6

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 £6.00!

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

Booking Arrangements

- Bookings for the Christmas programme can be made Monday - Friday 9am - 5.30pm and Saturday 9am - 1pm. Bookings will commence on Monday 24th November 2014. 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). 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 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
Training Ice 5.30am-10.45am	Training Ice 5.30am-10.45am	Training Ice 8.00am-10.45am	SKATE FOR ALL 10.30am - 12noon £6 per person (+£1.90 Skate hire)	SKATE FOR ALL 11am-2pm (Ice resurfaced at 12.30pm)	Training Ice 5.30am-10.45am	Family Time 10.30am - 12noon (figure skates only)
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)	SKATE FOR ALL 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm)		Guildford Flames vs. Bracknell Bees 4pm Face-off	SKATE FOR ALL 10.30am - 12noon 12.30pm - 2pm Parties 2.15pm - 3pm SKATE FOR ALL 3pm - 4.30pm Guildford Flames vs Invicta 6pm Face-off KIDS-FREE Ice Xtreme 8.30pm-11pm	SKATE FOR ALL 12.30pm - 2pm Parties 2.15pm - 3pm Ice Disco 3pm - 4.30pm Ice Hockey 5pm-8.15pm Ice Xtreme 8.30pm-10.30pm
	SIMPLY SKATE 8.30pm - 10.00pm (no hockey skates)					

Monday 29th December	Tuesday 30th December	Wednesday 31st December	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
Training Ice 5.30am - 10.45am	Training Ice 5.30am - 10.45am	Training Ice 8.30am - 10.45am	SKATE FOR ALL 11am - 2pm (Ice resurfaced at 12.30pm)	Training Ice 6am-10.45am	Training Ice 6am-10.45am	Family Time 10.30am-12noon (figure skates only)
SKATE FOR ALL 11am-12.30pm 1pm-2.30pm 3.30pm-5.00pm	SKATE FOR ALL 11am-12.30pm 1pm-2.30pm 3.30pm-5.00pm	SKATE FOR ALL 11am-12.30pm 1pm-2.30pm 3.30pm-5.00pm	Guildford Flames vs. Bracknell Bees 4pm Face-off	SKATE FOR ALL 10.30am-12noon 11am - 1.30pm 2.30pm - 5.30pm 2Xtreme 6.30pm-8pm Ice Xtreme 8.30pm-11pm	SKATE FOR ALL 10.30am - 12noon 12.30pm - 2pm Parties 2.15pm - 3pm SKATE FOR ALL 3pm - 4.30pm Ice Hockey 5pm-8.15pm Ice Xtreme 8.30pm-11pm	SKATE FOR ALL 12.30pm-2pm Parties 2.15pm - 3pm Ice Disco 3pm-4.30pm Guildford Flames vs. Sheffield Steeldogs 6pm Face-off Ice Xtreme 8.30pm-10.30pm
	Simply Skate 8.30pm-10.00pm (no hockey skates)					

Skate For All prices: Adults from £5.90, Juniors £5.30, Family of Four (maximum 2 adults, minimum of 2 under 16's) £18.80, Skate hire £1.90 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



Friday 26th December	Face-off 4pm
Guildford Flames vs Bracknell Bees	
Saturday 27th December	Face-off 6pm
Guildford Flames vs Invicta	KIDS-FREE
Thursday 1st January	Face-off 4pm
Guildford Flames vs Bracknell Bees	
Sunday 4th January	Face-off 6pm
Guildford Flames vs Sheffield Steeldogs	KIDS-FREE

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

SLEEPING BEAUTY ON ICE

Friday 12th - Sunday 14th December
Matinee & Evening Performances
Box Office - 01483 443333

Book Tickets Online!
www.guildfordspectrum.co.uk

f t Freedom Leisure working in partnership with Guildford Borough Council

Christmas Day at Guildford Spectrum

Skate

10.30am - 12noon
£6.00 (+£1.90 skate hire)

Swim

10.00am - 12noon
£6.00 (all 4 pools open)

Tickets to be booked in advance at www.guildfordspectrum.co.uk or call 01483 443322

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.



Mon 22nd, Tues 23rd & Weds 24th December 10am - 4pm 5-12 yrs **£23.50 per day**
Mon 29th, Tues 30th & Weds 31st Dec & Fri 2nd Jan 10am - 4pm 5-12 yrs **£23.50 per day**

*if over 9 years

Xtreme Activate Xtra Day Camps

Mon 22nd & Tues 23rd December 8.30am-6pm 5-12 yrs **£32.50 per day**
Mon 29th, Tues 30th December & Fri 2nd January 8.30am-6pm 5-12 yrs **£32.50 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

Tuesday 30th December 10.30am - 12noon 4-12 yrs **£8.60**
Tuesday 30th December 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



Mon 22nd & Tues 23rd December 10am-1pm 4-17yrs **£41.99 per day**

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

Bouncy Castle Fun

Monday 29th 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 and soft play. A parent must accompany their child throughout the session. Session fee is for one adult and one child.

Roller Skating Fun



Tues 23rd & 30th Dec 12.30pm - 2.30pm **ALL AGES** **£10.00**
 Have fun with both quad & inline skates. Suitable for all ages, equipment provided, skates, wrist, elbow & knee pads. Supervision required by a guardian for under 6 year olds.

Archery



Mon 22nd Dec & Fri 2nd Jan 2.30pm - 4.30pm **8-14 yrs** **£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. These sessions run on Tuesday 23rd & 30th December between 10am-11am and cost £4.70 for 1 child and an accompanying adult. **No booking required.**

Monday 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
10am-4pm	Pirate Pups 10am - 11am Public Session 11am-4pm	10am - 4pm	CLOSED	11am-4pm	9am-5pm	9am-5pm

Monday 29th December	Tuesday 30th January	Wednesday 31st January	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
10am-4pm	Pirate Pups 10am - 11am Public Session 11am-4pm	11am-4pm	11am-4pm	10am-4pm	9am-12noon Private Parties 1pm -5pm	9am-12noon Private Parties 1pm-5pm



Spectrum Pools Timetable

	Monday 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
Leisure Pool	Gentle Water Aerobics 8am-9am SWIM FOR ALL 9.30am-6.30pm	Toddler Splash* 8.15am-9.15am SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 10am-12noon £6 per person All 4 pools	SWIM FOR ALL 10.30am-4pm No Aqua Classes	SWIM FOR ALL 9.30am-6pm	Toddler Splash* 8.15am-9.15am SWIM FOR ALL 9.30am-6pm
25M Pool	Dawn Dippers 7am-8.30am (4 lanes) 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 60+ Swim 8am - 9.30am (4 lanes) SWIM FOR ALL 10.30am-5.30pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-6.30pm 8.30pm-9.30pm	Dawn Dippers 6.30am-8.30am SWIM FOR ALL 10.30am-5pm Lane Swim (4 Lanes) 12noon-1.30pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm Lane Swim (4 lanes) 10.30am-4pm	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-6.30pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm	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 10.30am-4pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm

	Monday 29th December	Tuesday 30th December	Wednesday 31st December	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
Leisure Pool	SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	Toddler Splash* 8.15am-9.15am SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 11am-5pm No Aqua Classes	SWIM FOR ALL 9.30am-6.30pm No Aqua Classes	SWIM FOR ALL 9.30am-6pm	Toddler Splash* 8.15am-9.15am SWIM FOR ALL 9.30am-6pm
25M Pool	Dawn Dippers 7am-8.30am (4 lanes) 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 60+ Swim 8am - 9.30am (4 Lanes) SWIM FOR ALL 10.30am-5.30pm Lane Swim (4 Lanes) 12noon-1.30pm Lane Swim 5.30pm-6.30pm 8.30pm-9.30pm	Dawn Dippers 6.30am-8.30am SWIM FOR ALL 10.30am-5pm Lane Swim (4 Lanes) 12noon-1.30pm	SWIM FOR ALL 11am-5pm Lane Swim (4 Lanes) 11am-5pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30m-8.30am (4 Lanes) 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-6.30pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 11am-5pm	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 10.30am-4pm	SWIM FOR ALL 11am-4pm	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm

Spectrum Bowl Timetable

Monday 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
BOWL FOR ALL 9.00am-10.45pm Last entrance 10pm	BOWL FOR ALL 9.00am-10.45pm Last entrance 10pm	BOWL FOR ALL 9am-5pm Last entrance 4.15pm	CLOSED	BOWL FOR ALL 11am-7pm Last entrance 6.15pm	BOWL FOR ALL 9am-11.15pm Last entrance 10.30pm	BOWL FOR ALL 9am-11.15pm Last entrance 10.30pm

Monday 29th December	Tuesday 30th December	Wednesday 31st December	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
BOWL FOR ALL 9am-10.45pm Last entrance 10pm	BOWL FOR ALL 9am-10.45pm Last entrance 10pm	BOWL FOR ALL 9am-6pm Last entrance 5.15pm	BOWL FOR ALL 11am -7pm Last entrance 6.15pm	BOWL FOR ALL 9am-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

Thursday 25th December:

£6 per person all pools

Leisure Pool: Friday 19th December & Monday 5th 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 8.15am-9.15am 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 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
8am-11pm	8am-11pm	8am-5pm	CLOSED	11am-5pm	8am-11pm	8am-11pm

Monday 29th December	Tuesday 30th December	Wednesday 31st December	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
8am-11pm	8am-11pm	8am-5pm	11am-5pm	8am-11pm	8am-11pm	8am-11pm

Gym & Spa

Monday 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
Gym & Spa 6.30am-10.30pm	Gym & Spa 6.30am-10.30pm	Gym & Spa 9am-5pm	CLOSED	Gym & Spa 11am-4pm	Gym & Spa 8.30am-6pm	Gym & Spa 8.30am-6pm
Power Plate 12noon-12.30pm	Power Plate 7pm-7.30pm	Junior Supervised Session 10am-11am		Junior Supervised Session 11am-12noon		

Monday 29th December	Tuesday 30th December	Wednesday 31st December	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
Gym & Spa 6.30am-10.30pm	Gym & Spa 6.30am-10.30pm	Gym & Spa 9am-5pm	Gym & Spa 11am - 4pm	Gym & Spa 6.30am-10.30pm	Gym & Spa 8.30am-6pm	Gym & Spa 8.30am-6pm
Power Plate 12noon-12.30pm	Power Plate 7pm-7.30pm	Junior Supervised Session 10am-11am	Junior Supervised Session 11am-12noon			

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 22nd December	Tuesday 23rd December	Wednesday 24th December	Thursday 25th December	Friday 26th December	Saturday 27th December	Sunday 28th December
Morning	8am-9am Gentle Water Aerobics £5.40 LP 9.45am-10.40am Body Pump™ 10.00am-10.45am Spinning™ £5.20 SS 10.45am-11.45am Body Balance™ £6.10 AS 11am-12noon Yoga £7.30 S 10.45am-11.45am Plates £8.20 S	6.55am-7.20am Spinning™ £5.20 SS 9.45am-10.40am Legs, Burns & Tums £5.60 AS 10.45am-11.40am ZUMBA® £5.60 AS 11am-12noon Yoga £7.30 S	9.45am-10.40am Body Combat £6.10 AS 9.45am-10.45am Body Balance™ £6.10 S 10.45am-11.40am Back to Basics £4.40 AS	NO CLASSES	10.45am-11.45am Water Balance™ £6.10 AS	8.30am-9.30am Body Balance™ £5.80 SS 9.30am-10.25am ZUMBA® £5.60 AS 9.30am-10.30am Spinning™ £5.80 SS 10am-11am Boot Camp Fitness £5.80 SS 10.30am-11.30am Indoors! £5.60 G 10.30am-11.25am Body Pump™ £6.10 AS 11.30am-12.30pm Body Combat AS	9.30am-10.25am Legs, Burns & Tums £5.90 AS 10.30am-11.30am Yoga £7.70 S 10am-11am Spinning™ £5.80 SS 10.30am-11.30am Body Combat™ £6.10 AS 11.45am-12.45pm Barre Concept™ £7.30 S
Afternoon	12.30pm-1.15pm Spinning™ £5.20 SS	12.30pm-1.15pm Spinning™ £5.20 SS	12.30pm-1.15pm Spinning™ £5.20 SS		12.30pm-1.15pm Spinning™ £5.20 SS		
Evening	5.45pm-6.40pm Spinning™ £5.80 SS 6pm-6.55pm Yoga £7.70 S 6pm-6.55pm Body Step™ £6.10 AS 6pm-6.55pm ZUMBA® £5.90 A 6pm-7pm Kettlebell Class £5.60 CR 6.45pm-7.40pm Spinning™ £5.80 SS 7pm-7.55pm Body Pump™ £6.10 AS 7.45pm-8.40pm Spinning™ £5.80 SS 8pm-8.45pm Insanity™ £4.70 AS	5.45pm-6.40pm Spinning™ £5.80 SS 6pm-6.55pm Legs, Burns & Tums £5.90 AS 6.45pm-7.40pm Spinning™ £5.80 SS 7pm-7.55pm Body Combat™ £6.10 AS 7pm-8pm Circuits £5.70 A 7.45pm-8.40pm Spinning™ £5.80 SS 8pm-9pm ZUMBA® £5.90 AS	NO CLASSES		NO CLASSES		6pm-7pm Spinning™ £5.80 SS

	Monday 29th December	Tuesday 30th December	Wednesday 31st December	Thursday 1st January	Friday 2nd January	Saturday 3rd January	Sunday 4th January
Morning	10.00am-10.45am Spinning™ £5.20 SS	6.55am-7.20am Spinning™ £5.20 SS 9.45am-10.40am Legs, Burns & Tums £5.60 AS 10.45am-11.40am ZUMBA® £5.60 AS 11am-12noon Yoga £7.30 S	9.45am-10.40am Body Combat £6.10 AS 9.45am-11.40am Body Balance™ £6.10 S 10.45am-11.40am Back to Basics £4.40 AS	10.45am-11.40am ZUMBA® £5.60 AS	9.45am-10.40am Legs, Burns & Tums £5.60 AS 10.45am-11.45am Body Balance™ £6.10 AS	8.30am-9.30am Spinning™ £5.80 SS 9.30am-10.25am ZUMBA® £5.60 AS 9.30am-10.30am Spinning™ £5.80 SS 10am-11am Boot Camp Fitness £5.80 SS 10.30am-11.30am Indoors! £5.60 G 10.30am-11.25am Body Pump™ £6.10 AS 11.30am-12.30pm Body Combat AS	9.30am-10.25am Legs, Burns & Tums £5.90 AS 10.30am-11.30am Yoga £7.70 S 10am-11am Spinning™ £5.80 SS 10.30am-11.30am Body Combat™ £6.10 AS 11.45am-12.45pm Barre Concept™ £7.30 S
Afternoon	12.30pm-1.15pm Spinning £5.20 SS	12.30pm-1.15pm Spinning £5.20 SS	12.30pm-1.15pm Spinning™ £5.20 SS	12.30pm-1.15pm Spinning™ £5.20 SS	12.30pm-1.15pm Spinning™ £5.20 SS		
Evening	5.45pm-6.40pm Spinning™ £5.80 SS 6pm-6.55pm Yoga £7.70 S 6pm-6.55pm Body Step™ £6.10 AS 6pm-6.55pm ZUMBA® £5.90 A 6pm-7pm Kettlebell Class £5.60 CR 6.45pm-7.40pm Spinning™ £5.80 SS 7pm-7.55pm Body Pump™ £6.10 AS 7.45pm-8.40pm Spinning™ £5.80 SS 8pm-8.45pm Insanity™ £4.70 AS	5.45pm-6.40pm Spinning™ £5.80 SS 6pm-6.55pm Legs, Burns & Tums £5.90 AS 6.45pm-7.40pm Spinning™ £5.80 SS 7pm-7.55pm Body Combat™ £6.10 AS 7pm-8pm Circuits £5.70 A 7.45pm-8.40pm Spinning™ £5.80 SS 8pm-9pm ZUMBA® £5.90 AS	NO CLASSES	NO CLASSES	5.30pm-6.25pm Spinning™ £5.80 SS 6pm-6.50pm Body Pump™ £6.10 AS 6pm-7pm Body Balance™ £6.10 AS 6.30pm-7.30pm Spinning™ £5.80 SS		6pm-7pm Spinning™ £5.80 SS

Key

- * Gym members only
- ** Course with drop in option
- † Not available on fitness Direct or Energy Direct memberships
- ‡ Special rate for Primetime members available, please enquire at reception

AS = Action Suite	A = Arena	CP = Competition Pool	CR = Clubroom	EL = Energy Level Gym	DP = Diving Pool	LP = Leisure Pool	SS = Spinning Studio	S = Studio
AS = Aqua Classes	MB = Mind & Body Classes	CO = Course only	SP = Spinning	CC = Cardio Classes	GC = Gym Circuits	DC = Dance Classes	TC = Toning Classes	