

ULC Classes Timetable

From 23rd April - 27th June

Mondays

WalkFit @ 9am
Senior Circuits @ 11am
Learn to swim level 1/2 @ 3.45pm
Tabata @ 6pm
Public swimming @ 2.30 & 4.30pm

Tuesdays

Silver Sneakers @ 11am
Junior Athletics (P4+) @ 3.45pm
Learn to swim Level 2/3 @ 3.45pm
Spinning @ 5pm
Step & Sculpt @ 6pm
Volleyball (P7+) @ 7pm
Aqua Circuits @ 7pm
Public swimming @ 2 - 3.30pm

Wednesdays

Metafit @ 9am
Zumba @ 6.30pm
Swimming 4.30 - 8pm

Thursdays

Barbell Active @ 9am
Senior Circuits @ 11am
Adult & Child swim @ 2pm
Learn to swim level 3/4 @ 3.45pm
Secondary Games @ 3.45pm
Circuits @ 6.30pm
Public swimming 2.30 & 4.30 pm

Fridays

Spin & Trim @ 9am
Racket Zone @ 11am
Silver Sneakers @ 2pm
KickFit @ 2pm
Learn to swim level 4 @ 2pm
Aquafit @ 7pm
Public swimming @ 1pm & 3-5pm

Saturdays

POP Pilates @ 11am
Rollerfit @ 11am
Racketzone @ 3pm
Splash & Mats @ 11am-1pm
Public swimming @ 1pm - 2pm

Sunday

Rollerfit @ 11am
Splash & Mats @ 11am - 1pm
Public swimming @ 1- 2pm

**Bookings can be made
via the SRT website or
phone reception
on 01595 807701**

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