

Monday

06.30 – 09.00	Adult Swim
09.00 – 12.00	Family Swim
09.15 – 10.15	Step
09.30 – 10.30	Racketball
12.00 – 13.00	Adult Swim
13.00 – 20.00	Family Swim
18.00 – 19.00	Zumba
19.00 – 20.00	Spin
20.00 – 22.00	Adult Swim

Tuesday

06.30 – 09.00	Adult Swim
09.15 – 10.15	Aerobics
09.00 – 10.30	Family Swim
10.30 – 11.30	Aqua Aerobics**
11.30 – 13.00	Adult Swim
13.00 – 20.00	Family Swim
18.30 – 19.30	Spin & Abs
18.45 – 20.15	Pilates*
20.00 – 22.00	Adult Swim

Wednesday

06.30 – 09.00	Adult Swim
09.15 – 10.15	Spin
09.00 – 12.00	Family Swim
10.15 – 11.15	Low Impact Body
12.00 – 13.00	Adult Swim
13.00 – 20.00	Family Swim
18.30 – 19.30	Spin
20.00 – 22.00	Adult Swim

Thursday

06.30 – 09.00	Adult Swim
09.00 – 12.00	Family Swim
09.15 – 10.15	Step Sculpt
12.00 – 13.00	Adult Swim
13.00 – 20.00	Family Swim
18.00 – 19.00	Circuits
19.00 – 20.00	Spin
20.00 – 22.00	Adult Swim

Friday

06.30 – 09.00	Adult Swim
09.00 – 10.30	Family Swim
09.15 – 10.15	Spin
10.30 – 11.30	Aqua Aerobics**
11.00 – 12.30	Pilates*
11.30 – 13.00	Adult Swim
13.00 – 20.00	Family Swim
20.00 – 22.00	Adult Swim

Saturday

07.00 – 09.00	Adult Swim
08.30 – 09.30	Spin
09.00 – 18.00	Family Swim
09.45 – 10.45	Body Combo
18.00 – 20.00	Adult Swim

Sunday

07.00 – 09.00	Adult Swim
08.30 – 09.15	Spin
09.00 – 18.00	Family Swim
18.00 – 20.00	Adult Swim
18.30 – 19.30	Circuits

To book in for a class call **01684 272313** or, book at leisure reception up to 7 days in advance from 7am onwards!
or, email: leisure@tewkesburypark.co.uk

* Please call Melanie on **01684 593320** for more information regarding pilates. *Additional charges apply*

For all one on one swimming requirements please contact Tracey Murphy on **07973 631427** or, email tracemurph30@aol.com

** The pool will be closed during Aqua Aerobics sessions, however the sauna, steam room and hot tub will be open.
Please also note that unless otherwise stated, the pool is available for general swim sessions.