



Monday

06.30 – 09.00	Adults only swimming
09.15 – 10.15	Step
09.30 – 10.30	Racketball
10.30 – 11.30	Stretch conditioning
12.00 – 13.00	Adults only swimming
13.00 – 15.00	Aquatots*
17.30 – 18.30	Zumba
19.00 – 20.00	Spin
20.00 – 22.00	Adults only swimming

Thursday

06.30 – 09.00	Adults only swimming
09.15 – 10.15	Step Sculpt
12.00 – 13.00	Adults only swimming
17.15 – 18.15	Zumba
19:00 – 20.00	Spin
20.00 – 22.00	Adults only swimming

Tuesday

06.30 – 09.00	Adults only swimming
09:00 – 10:00	Aerobics
10.30 – 11.30	Aqua aerobics
12.00 – 13.00	Adults only swimming
17.30 – 18.30	Piloxing
18.30 – 19:30	Spin & abs
18:45 – 20:15	Pilates*
20.00 – 22.00	Adults only swimming

Friday

06:30 – 09:00	Adults only swimming
09:00 – 10:00	Spin
10:30 – 11:30	Aqua aerobics
11:00 – 12:30	Pilates*
12:00 – 13:00	Adults only swimming
13.00 – 14.30	Aquatots
16:15 – 17:15	Swimming lessons
19:30 – 20:30	Circuits
20:00 – 22.00	Adults only swimming

Wednesday

06.30 – 09.00	Adults only swimming
09.00 – 10.00	Spin
10.00 – 11.00	Low impact body combo
12.00 – 13.00	Adults only swimming
13.00 – 14.30	Aquatots*
17.30 – 18.30	Circuits
18:30 – 19:30	Spin
20.00 – 22.00	Adults only swimming

Saturday

08:30 – 09:30	Spin
09.45 – 10.45	Body combo

Sunday

07:00 – 09:00	Adults only swimming
18:30 – 19:30	Circuits
19:00 – 20.00	Adults only swimming

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

* Please call the Aquatots office on 01684 296296 for more information.

Additional charges apply

For all one on one swimming requirements please contact Tracey Murphy on 07973631427 or email tracemurph30@aol.com

The pool will be closed during Aqua aerobics and Aquatots 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.