

EXERCISE OPTIONS TIMETABLE AT ARNOLD LEISURE CENTRE



Monday

10.30 - 12.00pm	Yoga	(Robin)
1.00 - 2.30pm	Beginners Yoga	(Robin)
3.30 - 4.15pm	Wet Workout	(Lynn)

Wednesday

10.00 - 11.00am	Line Dancing (beginners)	(Jackie)
11.00 - 12.00pm	Line Dancing (intermediate)	(Jackie)
1.200 - 1.00pm	Line Dancing (advanced)	(Jackie)
7.00 - 8.00pm	Swim Fit	(T)

Thursday

11.00 - 11.45am	Wet Workout	(Charlotte)
2.00 - 3.00pm	Aerobics	(Lynn)
7.30 - 9.00pm	Yoga	(Robin)

Friday

10.30 - 12.00 noon	Yoga	(Roz)
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Crèche Crèche Opening

Monday	10.20am - 1.00pm	Wednesday	11.00am - 1.00pm
Tuesday	10.20am - 1.00pm	Thursday	10.50am - 1.00pm

Children from the age of 6 weeks to 8 years will be accepted into the crèche.

All crèche places are subject to availability.

Gedling Leisure

Changing Lifestyles

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