

# THE AXIS CENTRE TIMETABLE (NON-MEMBERS)

06/01/25-30/03/25



ROWS HIGHLIGHTED **RED** ARE CLASSES RUN BY AXIS(NOT EXTERNALLY) WHICH HAVE A PAY AS YOU GO OPTION(FOR NON-MEMBERS, BOOKING IS ONLY AVAILABLE 48HRS OR LESS BEFORE A CLASS). FOR THE FULL MEMBERS ONLY TIMETABLE PLEASE ASK AT RECEPTION. ROWS HIGHLIGHTED **YELLOW** ARE SUITABLE FOR CHILDREN/YOUTHS, RUN BY EXTERNAL USER GROUPS (CONTACT DETAILS AT FOOT) ROWS HIGHLIGHTED IN **GREEN** ARE RUN BY THE AXIS CENTRE, FOR CHILDREN. ROWS HIGHLIGHTED **BLUE** ARE CLASSES RUN BY AXIS(NOT EXTERNALLY)WHICH HAVE A PAY AS YOU GO OPTION, AND ARE PARENT/CHILD FRIENDLY. UNHIGHLIGHTED ROWS ARE RUN BY EXTERNAL USER GROUPS, FOR ADULTS (CONTACT DETAILS AT FOOT)

MONDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0905-0925	BODY CONDITIONING	LEANNE	STUDIO
0940-1020	YOGA (Hatha/Yin interchangeable)	LEANNE	STUDIO
1015-1300	SOCIAL BADMINTON/TABLE TENNIS/PICKLEBALL	N/A	HALL
1400-1500	PARKINSON'S CIRCUIT BASED CLASS (HIGH INTENSITY)	LEANNE	HALL
1630-1730	NORTH EAST FOOTBALL ACADEMY	VARIOUS	HALL
1755-1830	LEGS, BUMS AND TUMS	HANNAH/ELLIE	HALL
1755-1840	ZUMBA	JACKIE	STUDIO
1830-1930	NETBALL	WENDY	
1845-1925	COREFLEX (Friskis&Svettis)	JACKIE	STUDIO
1930-2030	WALKING FOOTBALL	N/A	HALL
TUESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0630-0700	INDOOR CYCLING	HANNAH	HALL
0915-1000	FUNCTIONAL PILATES, POSTURE & CONDITIONING	LEANNE	HALL
1345-1425	DANS	JACKIE	HALL
1400-1700 (selected dates only)	OVER 50S CLUB	EMMA/ISOBEL	STUDIO
1600-1800	ALBA BLACKBELT ACADEMIES	SARAH	HALL (BACK)
1820-1850	CLASS OF THE WEEK!	ELLIE	STUDIO/RIG
1830-2020	PICKLEBALL	N/A	HALL
1855-1940	STRENGTH	ELLIE	STUDIO
2030-2130	NEWMACHAR U15 NETBALL CLUB	LOUISE	HALL
WEDNESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0900-1300	SOFT PLAY	PARENT SUPERVISED	HALL
0905-0945	STRENGTH	LEANNE	STUDIO
1030-1300	ART GROUP	ANDREW	STUDIO
1345-1430	GENTLE EXERCISE (seated options)	LEANNE	HALL
1430-1900	L'AMOUR DANCE	LYNN	STUDIO/HALL
1800-1900	THISTLE JAGS FOOTBALL	N/A	HALL
1900-2000	NUFC	VARIOUS	HALL
1820-1905	OUTDOOR BOOTCAMP	LEANNE	AXIS CENTRE CAR PARK
1930-2000	INDOOR CYCLING	LEANNE	MURRAY ROOM
THURSDAY			
0915-1000	CIRCUIT TRAINING FUN!	LEANNE	HALL

THURSDAY (CONT.)			
1010-1040	ACTIVE AGING INDOOR CYCLING	LEANNE	MURRAY ROOM
1400-1445	WALKING NETBALL	WENDY	HALL
1400-1500	ABRICABEATS	VICKY	STUDIO
1730-1930	NUFC	VARIOUS	HALL
1800-1830	HIIT OF THE DAY!/INDOOR CYCLING (alt. weeks)	PETE/DAWN	STUDIO/MURRAY ROOM
1840-1925	STRENGTH&CORE	PETE/DAWN	STUDIO
1945-2045	5 A SIDE (private booking)	NEIL	HALL
FRIDAY			
0905-0945	LEGS, BUMS&TUMS	LYNNE	HALL
0950-1030	YIN YOGA	LYNNE	STUDIO
1100-1200	GCRA+ (GENTLE EXERCISE)	PETE	HALL (FRONT)
1345-1425	LOW IMPACT CLASS OF THE WEEK (AEROBICS BASED)	LEANNE	HALL
1400-1830	L'AMOUR DANCE	LYNN	STUDIO/HALL
1500-2000 (NOT on 17 <sup>th</sup> or 31 <sup>st</sup> Jan, 21 <sup>st</sup> Feb, 7 <sup>th</sup> or 21 <sup>st</sup> March)	PUBLICALLY AVAILABLE BADMINTON /PICKLEBALL/TABLE TENNIS(please book)	N/A	HALL
1830-1930 (17 <sup>th</sup> and 31 <sup>st</sup> Jan, 21 <sup>st</sup> Feb, 7 <sup>th</sup> and 21 <sup>st</sup> March only)	YOUTH CLUB P1-3	AXIS TEAM/VOLUNTEERS	HALL
1945-2045 (17 <sup>th</sup> and 31 <sup>st</sup> Jan, 21 <sup>st</sup> Feb, 7 <sup>th</sup> and 21 <sup>st</sup> March only)	YOUTH CLUB P4-7	AXIS TEAM/VOLUNTEERS	HALL
SATURDAY			
0900-1000	PHYSIO CLASS	TARA	MURRAY ROOM
0915-1000	INDOOR CYCLING	PETE/VIRTUAL(alt.weels)	VARIABLE
1300-1345(18 <sup>th</sup> Jan, 15 <sup>th</sup> Feb and 15 <sup>th</sup> March only)	OUTDOOR RIG AND FUNCTIONAL SKILLS	LEANNE	OUTDOOR RIG AREA
SUNDAY			
1015-1100 (2 <sup>nd</sup> and 23 <sup>rd</sup> Feb only)	OUTDOOR RIG AND FUNCTIONAL SKILLS	LEANNE	OUTDOOR RIG AREA

**CONTACT DETAILS FOR EXTERNALLY TAUGHT CLASSES/GROUPS:**

**NEWMACHAHAR U15 NETBALL** – LOUISE- [newmacharijuniornetball@gmail.com](mailto:newmacharijuniornetball@gmail.com)

**NORTH EAST FOOTBALL ACADEMY** – [info@northeastfootballacademy.com](mailto:info@northeastfootballacademy.com)

**ALBA BLACKBELT ACADEMIES** –SARAH -07818200371

**ART GROUP**– ANDREW – [andrewleadbetter@btinternet.com](mailto:andrewleadbetter@btinternet.com)

**L'AMOUR DANCE** – Lynn – [www.lamourschoolofdance.org](http://www.lamourschoolofdance.org)

**ABRICABEATS** – ANGELA – [angelapeden@musician.org](mailto:angelapeden@musician.org)

**GCRA+** - SUZI WILL – [suzi.will@gcra.org.uk](mailto:suzi.will@gcra.org.uk)

**PHYSIO CLASS**- TARA - [tara@perform-physio.com](mailto:tara@perform-physio.com)