

THE AXIS CENTRE TIMETABLE (NON-MEMBERS)

16/10/23-24/12/23



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 48 HRS 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 **ORANGE** 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
0905-0935	CLASS OF THE WEEK!	LUCAS	HALL/STUDIO
0945-1030	INDOOR CYCLING	GEMMA	HALL
1035-1115	YOGA (Hatha/Yin alt. weeks)	LEANNE	STUDIO
1045-1300	SOCIAL BADMINTON/TABLE TENNIS/PICKLEBALL	N/A	HALL
1315-1400	PARKINSON'S PICKLEBALL	LUCAS	HALL
1415-1515	PARKINSON'S CIRCUIT BASED CLASS	LEANNE	HALL
1530-1700	KIDS FUN CLUB	LUCAS	HALL/STUDIO
1755-1825	BODYWEIGHT BLAST	LUCAS	HALL
1755-1840	ZUMBA	JACKIE	STUDIO
1830-1930	NETBALL	WENDY	HALL
1845-1925	COREFLEX (FRISKIS&SVETTIS)	JACKIE	STUDIO
1930-2030	WALKING FOOTBALL	N/A	HALL
2030-2130	5 A SIDE (private booking)	N/A	HALL
TUESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0630-0700	INDOOR CYCLING	JAMIE	HALL
0915-1000	FUNCTIONAL PILATES, POSTURE&CONDITIONING	LEANNE	HALL
1005-1035	FATBURN	LEANNE	HALL
1345-1430	DANS (FRISKIS&SVETTIS)	JACKIE	HALL
1400-1700 (selected dates only)	OVER 50S CLUB	EMMA/ISOBEL	STUDIO
1600-1800	ALBA BLACKBELT ACADEMIES	SARAH	HALL(BACK)
1800-1840	STRENGTH	ISLA	STUDIO
1845-1915	HIITstep	ISLA	STUDIO
1830-2030	PICKLEBALL	LUCAS	HALL
WEDNESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0900-1300	SOFT PLAY	N/A	HALL
0905-0945	STRENGTH	LUCAS	STUDIO
1030-1300	ART GROUP	ANDREW	STUDIO
1330-1415	GENTLE EXERCISE (seated options)	LEANNE	HALL
1430-1900	L'AMOUR DANCE	LYNN	STUDIO/HALL
1815-1915	NUFC	N/A	HALL
1820-1905	OUTDOOR BOOTCAMP	LEANNE	SUMMERHILL PARK
1930-2000	INDOOR CYCLING	LEANNE	HALL
1930-2100	YOUTH DROP IN	AXIS TEAM/VOLUNTEERS	STUDIO
THURSDAY			
0915-0945	INDOOR CYCLING (HIIT)	LEANNE	HALL

THURS (CONT.)			
1000-1045	CIRCUIT TRAINING FUN!	LEANNE	HALL
1055-1125	GENTLE INDOOR CYCLING	LEANNE	HALL
1315-1415	GROW WITH THE FLO	CHARLOTTE	MURRAY ROOM
1400-1445 (start date TBC)	WALKING NETBALL	WENDY	HALL
1400-1500	ABRICABEATS	VICKY	STUDIO
1730-2030 (only until 1930 during Oct)	NUFC	N/A	HALL
1800-1830	HIIT OF THE DAY!	PETE/DAWN	STUDIO
1835-1920	STRENGTH&CORE	PETEDAWN	STUDIO
1930-2030	HIGHLAND HUSTLE	ROBYN	STUDIO (hall for Oct)
FRIDAY			
0905-0945	BOXERCISE	LYNNE	HALL
0950-1030	YIN YOGA	LYNNE	STUDIO
1100-1200	GCRA+ (GENTLE EX)	PETE	HALL
1345-1425	LOW IMPACT CLASS OF THE WEEK (AEROBICS BASED)	LEANNE	HALL
1430-1830	L'AMOUR DANCE	LYNN	STUDIO/MURRAY ROOM
1700-1800	RANGERS READY	VARIOUS	HALL
1830-2000 (not on 3 rd and 17 th Nov and 8 th Dec)	PUBLICALLY AVAILABLE BADMINTON (please book)	N/A	HALL
1830-1930 (On 3 rd and 17 th Nov and 8 th Dec only)	YOUTH CLUB P1-3	AXIS TEAM/VOLUNTEERS	HALL
1945-2045 (On 3 rd and 17 th Nov and 8 th Dec only)	YOUTH CLUB P4-7	AXIS TEAM/VOLUNTEERS	HALL
SATURDAY			
0915-1000 (starts 4 th Nov)	INDOOR CYCLING	PETE/JAMIE	HALL/STUDIO
1200-1245 (on 18 th Nov and 2 nd Dec)	OUTDOOR RIG&FUNCTIONAL SKILLS	LEANNE	OUTDOOR RIG AREA
SUNDAY			
1015-1100 (on 17 th Dec only)	OUTDOOR RIG&FUNCTIONAL SKILLS	LEANNE	OUTDOOR RIG AREA

CONTACT DETAILS FOR EXTERNALLY TAUGHT CLASSES/GROUPS:

NETBALL – Wendy – wendykelman@btinternet.com

ALBA BLACKBELT ACADEMIES –SARAH 07818200371

ART GROUP (TUESDAY) – RACHEL – rachsincclair@hotmail.com

ART GROUP(WEDNESDAY) – ANDREW – andrewleadbetter@btinternet.com

OVER 50'S – EMMA – 01651 862908

GCRA+ - SUZI WILL – suzi.will@gcra.org.uk

ABRICABEATS – ANGELA – angelapeden@musician.org

L'AMOUR DANCE – LYNN – 07912872854

GROW WITH THE FLO – CHARLOTTE - growwiththeflomusic@gmail.com

HIGHLAND HUSTLE – ROBYN – rwdanceschool@outlook.com