

THE AXIS CENTRE TIMETABLE (NON-MEMBERS)

15/04/24 until 07/07/24



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 **BROWN** 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	HIIT OF THE DAY!	LUCAS	HALL/STUDIO
0940-1010	CONDITIONING AND CORE BLAST	LUCAS	HALL/STUDIO
1015-1055	YOGA (Hatha/Yin alt. weeks)	LEANNE	STUDIO
1045-1300	SOCIAL BADMINTON/TABLE TENNIS/PICKLEBALL	N/A	HALL
1400-1500	PARKINSON'S CIRCUIT BASED CLASS	LEANNE	HALL
1755-1825	ALL OVER BODY 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	LUCAS	HALL/STUDIO
1345-1425	DANS	JACKIE	HALL
1400-1700 (selected dates only)	OVER 50s CLUB	EMMA/ISOBEL	STUDIO
1600-1800	ALBA BLACKBELT ACADEMIES	SARAH	HALL (BACK)
1800-1830	HIIT OF THE DAY!	ELLIE	STUDIO
1835-20	STRENGTH	ELLIE	STUDIO
1830-2030	PICKLEBALL	N/A	HALL
WEDNESDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0900-1300	SOFT PLAY	PARENT SUPERVISED	HALL
0905-0945	STRENGTH	LUCAS	STUDIO
1030-1300	ART GROUP	ANDREW	STUDIO
1345-1430	GENTLE EXERCISE(seated options)	LEANNE	HALL
1430-1900	L'AMOUR DANCE	LYNN	STUDIO/HALL
1820-1905	OUTDOOR BOOTCAMP	LEANNE	AXIS CENTRE CAR PARK
1930-2000	INDOOR CYCLING	LEANNE	MURRAY ROOM
THURSDAY			
TIME	CLASS/GROUP	INSTRUCTOR	LOCATION
0915-1000	CIRCUIT TRAINING FUN!	LEANNE	HALL
1010-1040	ACTIVE AGING INDOOR CYCLING	LEANNE	HALL

1400-1445	WALKING NETBALL	WENDY	HALL
1400-1500	ABRICABEATS	VICKY	STUDIO
1530-1930	PUBLICALLY AVAILABLE BADMINTON /PICKLEBALL (please book)	N/A	HALL
1800-1830	HIIT OF THE DAY!/INDOOR CYCLING (alt. weeks)	PETE/DAWN	STUDIO/MURRAY ROOM
1840-1925	STRENGTH&CORE	PETE/DAWN	STUDIO
2000-2100	5 A SIDE(private booking)	N/A	HALL
FRIDAY			
0905-0945	BOXERCISE	LYNNE	HALL
0945-1045	GROW WITH THE FLO	CHARLOTTE	MURRAY ROOM
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
1430-1830	L'AMOUR DANCE	LYNN	STUDIO/MURRAY ROOM
1700-1800	RANGERS READY	VARIOUS	HALL
1830-1930 (3 rd & 31 st May and 14 th & 28 th June only)	YOUTH CLUB P1-3	AXIS TEAM/VOLUNTEERS	HALL
1945-2045 (3 rd & 31 st May and 14 th & 28 th June only)	YOUTH CLUB P4-7	AXIS TEAM/VOLUNTEERS	HALL
1830-2000 (not 3 rd & 31 st May and 14 th & 28 th June)	PUBLICALLY AVAILABLE BADMINTON /PICKLEBALL (please book)	N/A	HALL
SATURDAY			
0900-1000	PHYSIO CLASS	TARA	MURRAY ROOM
0915-1000	INDOOR CYCLING	JAMIE/PETE	STUDIO
1200-1245 (11 th May and 1 st June only)	OUTDOOR RIG AND FUNCTIONAL SKILLS	LEANNE	OUTDOOR RIG AREA
SUNDAY			
1015-1100 (28 th April, 9 th June, 30 th June only)	OUTDOOR RIG AND FUNCTIONAL SKILLS	LEANNE	OUTDOOR RIG AREA

CONTACT DETAILS FOR EXTERNALLY TAUGHT CLASSES/GROUPS:

NETBALL – WENDY – wendykelman@btinternet.com

OVER 50S – EMMA – 01651 862908

ALBA BLACKBELT ACADEMIES –SARAH 07818200371

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

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

PHYSIO CLASS- TARA - tara@perform-physio.com