

# Class Timetable - From 31st Jan

| Time          | Mon      | Tues     | Wed      | Thur       | Fri     |
|---------------|----------|----------|----------|------------|---------|
| 8:15 - 9:00   |          |          |          |            | Pilates |
| 9:00 - 9:45   |          | Aqua FIT |          |            |         |
| 9:15 - 9:45   |          |          |          | FIT        | FIT     |
| 10:15 - 10:45 |          | FIT      |          |            |         |
| 12:15 - 12:45 | FIT      |          |          |            |         |
| 12:00 - 13:00 |          |          |          | Zumba Gold |         |
| 17:30 - 18:00 | FIT      |          | FIT      |            |         |
| 18:10 - 19:00 | Circuits |          | Bodyburn | Dance FIT  |         |
| 18:30 - 19:30 |          | Yoga     |          |            |         |
| 19:00 - 20:00 |          |          | Pilates  |            |         |

\*Please note that classes may not run during some school holidays.

| Location       | Class   |           |            |
|----------------|---|-----------|------------|
| Sports Hall    | Circuits  | Bodyburn  | Zumba Gold |
| Fitness Suite  | FIT   |           |            |
| Barker Gym     | Yoga  | Dance FIT | Pilates    |
| Radley Primary | Classes in Barker Gym will move to Radley Primary or Sports Hall during exam periods. This may cause the time of class to vary. |           |            |

# Swim Timetable - From 31st Jan

| Swim Sessions         | Mon           | Tues          | Wed           | Thur          | Fri           |
|-----------------------|---------------|---------------|---------------|---------------|---------------|
| <b>Morning Swim</b>   | 6:30 - 8:00   |               | 6:30 - 8:00   |               | 6:30 - 8:00   |
| <b>Lunchtime Swim</b> | 13:00 - 13:30 | 12:30 - 14:00 | 12:30 - 13:15 | 12:30 - 14:00 | 13:00 - 13:30 |
| <b>Evening Swim</b>   | 18:00 - 19:00 | 18:00 - 19:00 | 18:00 - 19:00 | 18:00 - 19:00 | 18:00 - 19:00 |

| Weekend Swim Sessions | Sat           | Sun           |
|-----------------------|---------------|---------------|
| <b>Lunchtime Swim</b> | 13:00 - 14:00 | 12:30 - 13:30 |
| <b>Evening Swim</b>   | 16:00 - 17:00 | 17:00 - 18:00 |

\* Radley College Staff members are permitted to bring their children to swim sessions marked in **RED**.