

Hadrian Leisure Centre exercise class programme

Instructor-led classes

*** Functional Training sessions do not need to be booked and take place in the gym**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|---------------------------------------|-------------------------------|---------------------------------------|----------------------------|-------------------------------------|---------------------------|
| 08-8.45am Aqua HIIT | 10-10.30am Functional Training* | 8-08.45am Aqua HIIT | 9.30-10.15am Aquafit | 9.30-10.15am Aqua Zumba | 8.45-9.45am Body Conditioning | 9-10am Body Pump |
| 6-7pm LBT | 6-7pm Body Pump | 9.30-10am Aquafit | 10-10.30am Functional Training* | 6-6.45pm Spinning | 10.15-11am Spinning | 9.30-10.15am Aquafit |
| 6-7pm HIIT | 6-7pm Circuits | 6-7pm Body Conditioning | 6-7pm LBT | 7-8pm Pilates | 10.30-11.15am Aquafit | 10.15-11.15am Spinning |
| | 7.15-8pm Spinning | 7-7.45pm Aquafit | 7.15-8.15pm Body Pump | | | |

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| | 7.15-8pm Aquafit | 7.30-8pm Functional Training* | 7.30-8pm Functional Training* | | | |
| | 7.30-8.30pm Body Balance | 7.30-8.30pm Coached trampoline session | 7.45-8.30pm Aquafit | | | |

The Parks exercise class programme

Instructor-led classes

*** Functional Training sessions do not need to be booked and take place in the gym**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|--------------------------|--------------------------------------|--------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|
| 6.45-7.30am Spinning | 9.30-10.30am Pilates | 6.15-7am Spinning | 9.30-10.30am Body Pump | 6.45-7.30am Spinning | 9.15-10.15am Circuits/HIIT | 9-09.30am Functional Training* |
| 7-7.30am Functional Training* | 12.15-1.15pm Spinning | 9.30-10.30am Legs, Bums & Tums | 5.15-6.15pm Circuits / HIIT | 9.30-10.30am PIYO | 2-2.30pm Functional Training* | 9.30-10.30am Pilates |
| 9.30-10.30am Body Pump | 5.15-6pm PIYO | 11am-12pm Pilates | 5.30-6.15pm Spinning | 10.45-11.45am Nifty 50's | | 9.45-10.30am Spinning |
| 11am-12pm Pilates | 5.15-6.15pm Body Pump | 12.15-1.15pm Circuits / HIIT | 6-7pm Body Pump | 12.15-1.15pm Circuits | | |
| 5.30-6.15pm Spinning | 6-6.45pm Spinning | 5.30-6.15pm Spinning | | 1.45-2.45pm Low Impact Circuits | | |
| 6-7pm Pilates | 6.30-7.15pm LBT | 6-7pm Pilates | | | | |

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| | 7-7.30pm Functional Training* | | | | | |
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Virtual classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|---------------------------------|------------------------------------|---------------------------------|----------------------------------|---------------------------------|---------------------------------|
| 7.45–8.15am Sprint | 6.45–07.30am The Trip | 7.45–08.15am RPM | 6.45–7.15am Sprint | 8–8.45am The Trip | 8.15–9am The Trip | 8.30–9am Sprint |
| 8.30–9.15am The Trip | 7.45–08.35am RPM | 8.15–9.15am Sprint | 8–8.50am RPM | 9–9.30am Sprint | 9am–5pm Choose Your Spin* | 9am–5pm Choose Your Spin* |
| 9.30am–5pm Choose Your Spin* | 9am–5pm Choose Your Spin* | 9.30am–5pm Choose Your Spin* | 9am–4pm Choose Your Spin* | 10am–6pm Choose Your Spin* | | |
| 8–8.50pm RPM | 7.30–8pm Sprint | 7.15–8pm The Trip | 7.45–8.30pm The Trip | 7–7.30pm Sprint | | |

***Choose Your Spin – drop-in session, subject to availability. Book at reception and we will play your preferred class on a first come basis. The class you choose must be completed before the next timetabled session (live or virtual).**

Tynemouth Pool exercise class programme

Instructor-led classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|-------------------------|------------------------------|-----------------------------|----------------------------|------------------------------|------------------|
| 9.15-10.15am Zumba Gold | 9-9.45am Aquafit | 9.30-10.30am Aqua Zumba | 9-9.45am Aquafit | 9.30-10.30am Zumba | 10.10-11.10am Body Combat | 10-11am Zumba |
| 10.15-11am Zumba Gold | 9.45-10.30am Aquafit | 9.30-10.30am Zumba | 9.30-10.30am Body Combat | 9.30-10.15am Aquafit | | |
| 11am-12pm Pilates | 11am-12pm Pilates | 10.30-11.30am Body Combat | 10.30-11.30am Zumba | 11am-12pm Pilates | | |
| 12-12.45pm Aquafit | 6-7pm Body Combat | 12-1pm Yoga | 12-12.45pm Aquafit | 5.30-6.30pm Body Combat | | |
| 5-6pm Zumba | 7.45-8.30pm Aquafit | 2-3pm Pilates | 12-1pm Pilates | | | |
| 7-8pm Body Combat | | 6-7pm Body Combat | 6-6.45pm Yoga | | | |

Virtual classes:

***Choose your class – drop-in session, subject to availability. Ask the gym instructor to play your preferred class on a first come basis. The class you choose must be completed before the next timetabled session (live or virtual).**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|--------------------------------|-----------------------------|--------------------------------|-----------------------------|----------------------------|---------------------------------|
| 7.30-9am Choose Your Class* | 7.30-8am Choose Your Class* | 7.30-8am Body Pump | 7.30-8am Choose Your Class* | 7.30-8am Body Balance | 11.10-11.40am Body Pump | 8.45-9.45am Body Pump |
| 12-1pm Choose your class* | 8.10-8.40am Body Pump | 8.50-9.20am Body Balance | 8.10-8.40am Body Pump | 8.50-9.20am Body Pump | | 11.15am-12.15pm Body Balance |
| 3-4pm Body Balance | 12.15-12.45pm Body Combat | 4.15-4.45pm Sh'Bam | 2-2.30pm Body Balance | 1-1.30pm Body Balance | | |
| 4.15-4.45pm Body Pump | 4-5pm Choose Your Class* | 8.05-9.05pm Body Pump | 7-8pm Body Pump | 2-3pm Choose Your Class* | | |
| | 8-9pm Body Pump | | | 3.45-4.15pm Body Pump | | |

Waves exercise class programme

Instructor-led classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------------------|-------------------------------------|------------------------------------|---|---|----------------------------|
| 9.25-10.10am Aquafit | 9.15-10.15 LBT | 9.15-10.15am Body Pump | 7-7.30am Functional Training | 9.15-10.15am Pilates | 9.15-10.15am Body Combat | 9.15-10.15am Body Pump |
| 9.30-10.30am LBT | 9.30-10.15 Functional training | 9.25-10.10am Aquafit | 8.15-9am Aquafit | 9.30-10am Functional Training | 9.45-10.30am FitSteps | 10.30-11.30am Piyo Flow |
| 10.45-11.30am Functional Training | 10.15-11.15am Zumba | 9.30-10am Functional Training | 9.15-10.15am Body Combat | 10.45-11.30am Low Impact Circuits | 10.45-11.45am Zumba | 4-5pm Pilates |
| 12-1.30pm Yoga | 11.30am-12.30pm Healthy Hearts | 10.45-11.45am Healthy Hearts | 10.30-11.30am Body Pump | 1-2pm Body Balance | 11.00-11.45am Functional training | |

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| 4.15–5.15pm Yoga | 1.30–2.30pm Body Balance | 12–1pm Sculpt and Tone | 12–1pm Power Yoga | 5.15–6.15pm HIIT | | |
| 5.15–6pm Functional Training | 3.15–3.45pm Functional Training* | 5–6pm Yoga | 1.15–2.15pm Low Impact Circuits | 6.30–7.30pm Yoga | | |
| 6–6.45pm FitSteps | 5–5.30pm Functional Training | 6.15–7.15pm Pilates | 4–4.30pm Functional Training | | | |
| 6.15–7.15pm Body Pump | 5.45–6.45 Healthy Hearts | 7.30–8.15pm Aquafit | 5.15–6.15pm Yoga | | | |
| 8–9pm Pilates | 7–8pm Zumba | | 6.30–7.30pm Body Pump | | | |
| 8–8.45am Aquafit | 8–9.30pm Yoga | | | | | |
| | 8.30–9.15pm Aqua Zumba | | | | | |

Virtual classes:

***Choose your class – drop-in session, subject to availability. Ask the gym instructor to play your preferred class on a first come basis. The class you choose must be completed before the next timetabled session (live or virtual).**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|-----------------------------------|--------------------------------|----------------------------|----------------------------|------------------------------|----------------------------|
| 6.30-8.25am Choose Your Class* | 6.40-7.25am The Trip | 6.40-7.25am RPM | 6.40-7.25am The Trip | 6.40-07.10am Sprint | 8.05-8.50am The Trip | 8.05-8.50am The Trip |
| 6.40-7.25am Sprint | 6.45-7.15am GRIT Strength | 6.45-7.15am GRIT Cardio | 7.35-8.05am Sprint | 6.45-7.15am GRIT Cardio | 8.15-8.45am GRIT Strength | 8.15-8.45am GRIT Cardio |
| 7.45-8.30am RPM | 7.20-7.55am Choose Your Class* | 7.20-9am Choose Your Class* | 8.15-9am The Trip | 7.30-8.15am The Trip | 8.55-9.25am Sprint | 8.55-9.25am Sprint |
| 8.30-9am Les Mills Core | 7.30-8am Sprint | 7.35-8.20am The Trip | 8.30-9am Les Mills Core | 7.45-8.15am Body Combat | 9.35-10.20am RPM | 9.35-10.20am RPM |

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| 8.40-9.10am Sprint | 8-8.30am Les Mills Core | 8.30-9am Sprint | 9.05-9.50am RPM | 8.30-9am Les Mills Core | 10.30-11.15am The Trip | 10.30-11.15am The Trip |
| 9.20-9.50am Sprint | 8.10-8.55am The Trip | 9.10-9.55am The Trip | 10-10.45am The Trip | 9-9.45am RPM | 11.30am-12.00pm Sprint | 11am-12pm Sprint |
| 10-10.45am The Trip | 9.05-9.50am RPM | 10-10.45am RPM | 11-11.30am Sprint | 10-10.45am The Trip | 12-6pm* Choose Your Class | 12-6pm* Choose Your Class |
| 11-11.45am RPM | 10-10.45am The Trip | 11-11.30am Sprint | 12.45-1.30pm The Trip | 11.45am-12.30pm The Trip | 12.15-12.45pm RPM | 12.15-12.45pm RPM |
| 1-1.30pm Sprint | 12-12.45pm RPM | 12-12.45pm The Trip | 2-2.30pm Sprint | 12.45-1.30pm RPM | 1-1.45pm The Trip | 1-1.45pm The Trip |
| 2-2.45pm RPM | 1-1.45pm The Trip | 2.15-3pm The Trip | 2.30-4.15pm* Choose Your Class | 3-3.30pm Sprint | 2.45-3.30pm RPM | 2.45-3.30pm RPM |
| 2-4pm Choose Your Class* | 2.40-4pm Choose Your Class* | 4-4.45pm RPM | 3-3.45pm RPM | 3.45-4.30pm The Trip | 3.45-4.15pm Sprint | 3.45-4.15pm Sprint |

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| 3.30-4pm Sprint | 3-3.30pm Sprint | 4-4.45pm Body Pump | 4-4.45pm The Trip | 4-5pm Body Pump | 4.25-5.10pm RPM | 4.25-5.10pm The Trip |
| 4.10-4.55pm The Trip | 3.40-4.25pm The Trip | 5-5.45pm The Trip | 5-5.30pm Sprint | 4.40-5.10pm Sprint | 5.15-6pm The Trip | 5.15-6pm RPM |
| 5.10-5.40pm Sprint | 4.30-5.15pm RPM | 6-6.30pm Sprint | 5.45-6.30pm RPM | 5.20-6.05pm RPM | | |
| 5.50-6.35pm RPM | 5.25-5.55pm Sprint | 6.45-7.30pm RPM | 6.45-7.30pm The Trip | 6.15-7pm The Trip | | |
| 6.45-7.30pm The Trip | 6.05-6.50pm The Trip | 7.30-8.15pm Body Combat | 7.40-8.10pm Sprint | 7.15-7.45pm Sprint | | |
| 7.45-8.15pm Sprint | 7-7.45pm RPM | 7.45-8.30pm The Trip | 8.20-9.05pm The Trip | | | |
| 8.25-8.55pm Sprint | 7.55-8.25pm Sprint | 8.40-9.10pm Sprint | | | | |

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| | 8.35-9.20pm The Trip | | | | | |
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The Lakeside Centre exercise class programme

Instructor-led classes

***Functional Training sessions do not need to be booked and take place in the gym**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|------------------------------------|--------------------------------------|------------------------------------|--------------------------------------|-------------------------------|------------------------------|
| 7-7.45am Spinning | 7-7.30am Functional Training | 7-7.45am Spinning | 7-7.30am Functional Training | 7-07.45am Spinning | 8.45-9.30am Spinning | 11.00-12.00am Body Combat |
| 9.15-10.15am Body Pump | 9.15-10.15am Body Balance | 9.30-10am Functional Training* | 9.30-10.30am Yoga | 9-9.30am Functional Training* | 9-10am Body Pump | |
| 9.30-10.15am Aqua Zumba | 11.45am-12.30pm Aqua Zumba | 9.30-10.30am Yoga | 11-11.45am Zumba Gold | 9.15-10.15am Body Balance | 9.30-10.30am Step and Tone | |
| 9.30-10am Functional Training* | 6-7pm Body Pump | 1-2pm Low Impact Circuits | 5.45-6.30pm Aquafit | 9.30-10am Functional Training* | 10.15-11.15am Body Balance | |
| 5.45-6.45pm Body Pump | 6-6.45pm Spinning | 6-6.45pm Box Fit | 6-7pm Zumba | 6-6.45pm Spinning | | |
| 6-6.45pm Spinning | 7-7.45pm Spinning | 6-7pm Body Pump | 6.15-7.15pm Pilates | 6.15-7.15pm Body Balance | | |

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| 7-7.45pm Spinning | 7-8pm Pilates | 7.10-7.55pm Pilates | 6.45-7.30pm Spinning | | | |
| | | 8-8.45pm Pilates | 7.45-8.30pm Aqua Zumba | | | |

Virtual classes

***Baby classes are where a parent can bring a baby and take part in the class as long as the baby is in a car seat. The baby should be put directly in front of the exerciser. The classes are 30 minutes only, the lights are all on and the music volume is lowered.**

If you would like to do a virtual class in between scheduled classes please speak to a Gym Instructor who will assist you, the class must finish before the next scheduled class starts, please note this is subject to change.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--------------------|----------------------------|-----------------------------|---------------------|---------------------------------|---------------------------|
| 7–8am Body Pump | 6.45–7.15am RPM | 6.45–7.45am Body Combat | 6.45–7.15am RPM | 7–8am Body Pump | 10.15–11.05am RPM | 8.30–9am Sh'Bam |
| 8.15–8.45am SPR | 7–8am Body Pump | 8.15–9am Body Pump | 6.45–7.45am Body Balance | 8.15–9am Sh'Bam | 11.30am–12.15pm Body Balance | 9–9.50am RPM |
| 9.45–10.35am RPM | 8.30–9.20am RPM | 8.15–8.45am SPR | 8–8.50am RPM | 8.30–9.20am RPM | 12–12.30pm SPR | 9.15–10.15am Body Pump |
| 11am–12pm Body Balance | 10–10.50am RPM | 9.30–10.15am RPM | 8.15–8.45am Body Combat | 9.30–10.15am RPM | 12.30–1pm Core X | 10.15–10.45am SPR |

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| 12-12.30pm SPR | 11-11.45am Body Combat | 10.30-11am SPR | 10-10.30am SPR | 10.30-11am SPR | 3.30-4.20pm RPM | 2.45-3.35pm RPM |
| 1-1.30pm Baby Body Pump* | 1-1.30pm Baby Spin* | 11am-12pm Body Balance | 11am-12pm Body Pump | 11.15-11.45am Core X | 4.30-5pm SPR | 4-4.50pm RPM |
| 7.30-8pm Body Combat | 4-4.50pm RPM | 12-12.30pm SPR | 12.45-1.15pm Baby Spin* | 12-12.30pm SPR | | |
| 8.15-9.05pm RPM | 4.45-5.30pm Sh'Bam | 7-7.30pm SPR | 7.30-8pm Sh'Bam | 2-2.30pm Baby Body Pump* | | |
| | 8.15-8.45pm SPR | 8.15-9.05pm RPM | 8-8.50pm RPM | 7.30-8.15pm RPM | | |
| | | | 8.30-9pm Core X | 8.15-8.45pm Core X | | |