



ELSWICK COMMUNITY POOL & GYM

5th January - 15th February

Address: Elswick Community Pool and Gym, NE4 6RS. Tel: 0191 481 4101 Email: info@elswickpool.co.uk

Gym Timetable

Monday

06:00 - 08:45 Open As Normal
09:00 - 11:00 Ladies Only
11:00 - 21:30 Open as Normal

Tuesday

06:00 - 20:00 Open as Normal
20:15 - 21:45 Male Only

Wednesday

06:00 - 21:30 Open as Normal

Thursday

06:00 - 21:00 Open as Normal

Friday

06:00 - 19:00 Open as Normal
19:15 - 20:45 Ladies Only

Saturday

08:00 - 17:30 Open as Normal

Sunday

08:00 - 16:30 Open as Normal

Fitness Class Timetable

Monday

09:00 - 09:45 Aquafit (Ladies only)
10:00 - 11:00 Beginners Yoga (Ladies only)
11:00 - 12:00 Intermediate Yoga

20:05 - 20:50 Aquafit

Tuesday

09:30 - 10:15 Zumba (Ladies only)
10:15 - 11:00 Total Body Conditioning (Ladies only)
11:00 - 12:00 Health & Wellness Walk

18:15 - 19:15 Fitness with George

Wednesday

09:30 - 10:30 Beginners Yoga
10:30 - 11:30 Intermediate Yoga

19:00 - 19:45 Aquafit

Thursday

09:30 - 10:30 Pilates (Ladies Only)
10:00 - 10:45 Aquafit
10:45 - 11:30 Deep Water Aquafit
11:00 - 12:00 Health & Wellness Walk

18:00 - 19:00 Fitness with George

19:30 - 20:30 Zumba

Friday

09:30 - 10:30 Yoga
18:30 - 19:30 Yoga (Ladies Only)

Saturday

10:00 - 11:00 Yoga



ALL CLASSES MUST BE BOOKED

Timetable subject to change