

ADULT'S CLASS TIMETABLE - FROM AUGUST 2026

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			WEEKENDS		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO - SUNDAY		
09:15-10:15	Pilates	Claire	06:10-07:10	MetFit	Selina	06:10-07:10	Hatha Yoga	Alec	06:00-07:00	MetFit	Selina	06:10-07:10	Yoga	Alec	10:00-11:00	Gentle Yoga	Sena
10:15-11:00	Total Body Workout	Claire	09:15-10:15	Pilates	Coach Roach	08:00-09:00	Hatha Yoga	Alec	09:15-10:00	Step	Coach Roach	08:00-09:00	Hatha Yoga	Alec	11:15-12:15	Chair Yoga	Sena
11:15-12:00	Zumba Gold	Claire	10:15-11:45	Fitness Yoga	Julie	09:15-10:15	Barre & Tone	Julie	10:00-11:00	Hatha Yoga	Alec	09:15-10:00	Total Body Workout	Claire	12:30-13:30	Dance Class	Bethany
12:15-13:15	Pilates	Claire	12:15-13:00	Functional Fitness	Ady	11:30-12:15	Aerobics	Coach Roach	11:15-12:00	Barre	Coach Roach	10:15-11:15	Pilates	Claire			
17:15-18:15	Legs Bums & Tums	Coach Roach	13:15-14:15	Chair Yoga	Sena	12:30-13:30	Pilates	Coach Roach	12:15-13:00	Functional Lifestyle Fitness	Ady	11:15-12:00	Zumba Gold	Claire			
18:15-19:00	Kettlebells	Coach Roach	17:30-18:30	Yoga	Sena	17:30-18:30	HIIT Nation	Micky B	17:15-18:15	Pilates	Coach Roach	12:15-13:15	Pilates	Claire			
19:15-20:00	Olit	Marica	18:30-19:30	Zumba	Andrea	18:30-19:30	Zumba	Andrea	18:15-19:00	Total Body Workout	Coach Roach	17:15-18:00	Yoga	Olesia			
20:00-20:45	Pilates	Marica							19:00-19:45	Kettlebells	Coach Roach	18:15-19:15	Latino Aerobics	Marica			
												19:15-20:15	OLIT	Marica			
BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL - SATURDAY		
06:10-07:00	Circuits	Gym Team	10:15-11:15	Circuits	Gym Team	06:00-07:00	Inferno	Alex S	06:00-07:00	CastleRox - Open Gym	Gym Team	10:15-11:15	Circuits	Alex	10:00-11:00	Strength & Conditioning	Dan S
07:00-08:00	CastleRox - Open Gym	Gym Team	17:30-18:30	HIIT Nation	Micky B	07:00-08:00	CastleRox - Open Gym	Gym Team	10:15-11:15	Circuits	Gym Team	17:00-18:00	CastleRox - Open Gym	Gym Team			
17:00-19:00	CastleRox - Open Gym	Gym Team	18:30-19:00	CastleRox - Open Gym	Gym Team	10:15-11:15	Inferno	Coach Roach	19:15-20:15	Circuits	Gym Team	18:00-19:00	Hatton Boxing Fundamentals & Fitness	Coach Joner/Estry			
			19:15-20:15	Circuits	Gym Team	17:15-18:10	CastleRox - Open Gym	Gym Team									
						18:15-19:15	Hatton Boxing Fundamentals & Fitness	Coach Jona									
						19:15-19:55	CastleRox - Open Gym	Gym Team									
						20:00-21:00	Badminton Club	Members									
SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL		
19:15-20:15	Aqua Aerobics	Coach Roach	10:30-11:30	Aqua Aerobics	Coach Roach	09:15-10:00	Deep Water Aqua Aerobics	Coach Roach	10:15-11:15	Aqua Aerobics	Coach Roach						
			19:45-20:45	Aqua Zumba	Sabina				18:45-19:45	Aqua Zumba	Sabina						
SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO SATURDAY		
10:15-11:00	Spinning ^{PB}	Gym Team	09:00-09:30	Spinning ^{PB}	Iain	10:15-11:00	Spinning ^{PB}	Ady	18:00-18:45	Spinning ^{PB}	Gym Team	09:15-10:00	Spinning ^{PB}	Gym Team	08:00-08:45	Spinning ^{PB}	Dan
18:00-18:45	Spinning ^{PB}	Gym Team	18:00-18:45	Spinning ^{PB}	Gym Team										09:00-09:45	Spinning ^{PB}	Dan
19:00-19:45	Spinning ^{PB}	Gym Team										Castle COUNTRY CLUB					
TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS						SPINNING STUDIO SUNDAY		
19:00-21:00	Ladies Club Tennis	Jana	19:00-21:00	Tennis Club Night	Members	19:00-21:00	Mens Tennis Club	Members							09:00-09:45	Spinning ^{PB}	Ady