

Aqua fitness class **timetable**

**Chester-le-Street Leisure Centre
Freeman's Quay Leisure Centre
Newton Aycliffe Leisure Centre**

**Spennymoor Leisure Centre
Teesdale Leisure Centre
Woodhouse Close Leisure Complex**



Durham
County Council



Chester le Street 03000 266 444

Mon	Aqua cycle	7.00 - 7.30am
Mon	Gentle aqua	2.30 - 3.30pm
Mon	Aqua fighter	6.00 - 7.00pm
Tue	Gentle aqua	10.00 - 11.00am
Wed	Aqua natal	1.30 - 2.30pm (<i>term time only</i>)
Wed	Aqua cycle	6.30 - 7.00pm
Thur	Aqua fit	10.00 - 11.00am
Fri	Aqua cycle	7.00 - 7.30am

Freeman's Quay 03000 268 488

Mon	Aqua fit	12.00 - 12.45pm
Mon	Aqua fit	8.15 - 9.00pm
Tues	Gentle aqua	9.45 - 10.45am
Thurs	Aqua fit	12.00 - 12.45pm
Fri	Gentle aqua	9.45 - 10.45am

Newton Aycliffe 03000 266 446

Mon	Gentle aqua	10.00 - 10.45am
Mon	Aqua natal	11.00 - 11.45am
Tues	Aqua cycle	10.00 - 10.45am
Wed	Aqua jump	7.00 - 7.45pm
Thurs	Aqua fit	10.00 - 10.45am
Thurs	Aqua fit	7.30 - 8.15pm
Fri	Aqua jump	10.00 - 10.45am

Spennymoor 03000 261 161

Tues	Aqua fit	9.15 - 10.00am
Tues	Aqua fit	7.15 - 8.00pm
Thurs	Aqua fit	10.30 - 11.15am
Thurs	Aqua natal	11.15 - 12.00 noon

Teesdale 03000 260 862

Mon	Aqua Zumba	11.15 - 12.00 noon
Wed	Aqua fit	11.15 - 12.00 noon
Thurs	Aqua Zumba	11.15 - 12.00 noon
Thurs	Aqua jog	7.30 - 8.00pm

Woodhouse Close 03000 261 322

Mon	Aqua fit	9.15 - 10.15am
Mon	Aqua cycle	6.45 - 7.15pm
Mon	Aqua cycle	7.15 - 7.45pm
Tues	Aqua fit	9.15 - 10.15am
Tues	Gentle aqua	2.00 - 3.00pm
Tues	Aqua jump	7.15 - 8.00pm
Wed	Aqua fit	9.15 - 10.00am
Thur	Aqua fit	10.15 - 11.00am
Thur	Aqua fighter	6.30 - 7.15pm

Timetables are subject to change during school holidays.

Please contact your leisure centre to confirm class times during these periods.

Charges may apply please ask at reception for details.