

Apex Leisure Centre - Class Timetable

To attend a class please purchase tokens (minimum of 6) from The Apex Leisure Centre Reception desk



Mondays
 4.00pm – 5.00pm : Children's Activity Class
 6.30pm – 7.30pm : Pilates (Beginners)
 7:45pm – 8:45pm : Pilates (Intermediate)
 7:00pm – 8:00pm : Water Aerobics

Tuesdays

12:00pm – 1:00pm : Pilates
 7:00pm – 8:30pm : Yoga (General/Intermediate)



Wednesdays

7:00pm – 8.30pm : Yoga (Beginner)
 8:30pm – 9.30pm : Ski Fit

Thursdays

9:30am – 11:00am : Yoga (General/Intermediate)
 10:00am – 11:00am : Water Aerobics
 8.00pm – 9.00pm : Spinning

Fridays

Saturdays



PILATES

If you are a complete beginner at Pilates then you may want to attend a 6 week beginner's course before going to intermediate a Pilate's class.

This course is run on Monday's at 6.30pm til 7.30pm intermittently depending on demand. Please enquire at Reception.

