

	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130	2100			
MON										Aqua Trim			Water Babies								Swimming Lessons														
TUE																																			
WED										Aqua Trim																									
THU												Water Babies									Swimming Lessons														
FRI						Aqua Trim							Water Babies								Swimming Lessons								Aqua Bellies						
SAT	CLOSED					Aqua Tinies																												CLOSED	
SUN	CLOSED																																	CLOSED	

During class times the pool will be sectioned off for activities to take place. The remainder of the pool will be open for use.



POOL RULES

- Shower before entering the pool, and again in between pool facilities.
- Do not enter if you are unwell, have diarrhoea, an infection or contagious disease that may be transmitted through water, an open cut, blister or lesion.
- Persons under 16yrs must be accompanied by an adult at all times.
- Toddlers and Babies should wear a swim nappy regardless of toilet training.
- No persons under the influence of drugs or alcohol.
- No running, diving or horseplay.
- No glass objects
- Do not swallow pool water
- No outdoor footwear, please use blue cover shoes provided.
- No changing on poolside. Please use the changing rooms provided.
- No prams or buggies.

Class Timetable

Monday

10:00-10:45	Aerobics	Lyndsay
11:00-11:45	Aquatrim	Lyndsay
18:15-19:00	Pilates	Carole

Tuesday

09:00-10:00	Morning Mix up	Carole
10:00-11:00	Dolly Mixtures	Sandra
17:45-18:30	Legs Bums & Tums	Sandra
18:30-19:15	Kettlebells	Andy
19:15-20:00	Circuits	Andy

Wednesday

09:30-10:15	Step	Lyndsay
10:15-11:00	Body Conditioning	Lyndsay
11:00-11:45	Aquatrim	Lyndsay
17:45-18:30	Step	Lynne
18:30-19:30	Yoga	Lynne
19:30-20:00	Metafit	Vicki

Thursday

09:00-10:00	Dolly Mixtures	Sandra
10:00-10:45	Pilates	Lynne
10:45-11:30	Pilates	Lynne
18:00-19:00	Zumba	Silly Gilly
19:00-19:45	Pilates	Carole

Friday

09:15-10:00	Aquatrim	Lyndsay
10:15-11:00	Aerokick	Lyndsay
11:00-12:00	Yoga	Lynne
19:00-19:45	Aqua Bellies	Emily

Saturday

09:15-10:00	Pilates	Carole
09:00-10:30	Aqua Tinies	Emily
10:00-11:00	Kettlebells	Andy

Sunday

11:00-12:00	Zumba Kids*	Silly Gilly
-------------	-------------	-------------

*Term Time only

Refer a Friend to the Leisure Club and receive

A Free Month
Or
£50 voucher

Ask the Leisure Team for more details

*T&C's apply

Class Rules

- To ensure your place, classes are pre-bookable one week in advance.
- Please let us know if you cannot make a class you have booked.
- If you are late then your place is forfeit and will be given to the first reserve.
- Please do not enter a class once it has started.
- You must inform the class instructor if you have an injury, illness, are taking any medication, or know of anything else that may affect your participation.
- Your attendance to the class is at the discretion of the class instructor.
- Classes and instructor are subject to availability, and may change without notice.

Leisure@themarinetroon.co.uk

www.themarinetroon.co.uk

01292 676 219

8 Crosbie Road, Troon, Ayrshire, KA10 6HE

THE MARINE
HOTEL



Leisure Club
Activities