



# THE ORATORY

The Oratory Sports Centre Timetable – May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
Lane Swim 07.15 – 08.15	Indoor Cycling (Bernie) 07.15 – 08.00	Lane Swim 07.15 – 08.15	Lane Swim 07.15 – 08.15	Indoor Cycling (Bernie) 07.15 – 08.00		Lane Swim 09.15 – 10.15
	Lane Swim 08.15 – 09.15			Lane Swim 07.45 – 08.45		
	Pilates (Scott) 08.00 – 09.00		Pilates (Scott) 08.00 – 09.00		Pilates (Scott) 08.00 – 09.00	
Pilates (Judy) 08.45 – 09.45		Pilates (Judy) 08.45 – 09.45		Pilates (Judy) 08.45 – 09.45		
	Indoor Cycling (Suzi) 09.00 – 09.30		Indoor Cycling (Suzi) 09.00 – 09.30			
			Fitness Yoga (Suzi) 09.40 – 10.30			
<b>LUNCH</b>						
Lane Swim 12.30 – 13.30		Lane Swim 12.30 – 13.30		Lane Swim 12.30 – 13.30	Family Swim 14.00 – 15.00	Family Swim 10.30 – 11.30
					Lane Swim 15.45 – 16.45	Family Swim 12.00 – 13.00
<b>EVENING</b>						
	Pilates (Judy) 18.00 – 19.00		Lane Swim 18.00 – 19.00			
Indoor Cycling (Bernie) 18.30 – 19.15		Indoor Cycling (Bernie) 18.30 – 19.15	Indoor Cycling (Bernie) 18.30 – 19.15			
	HIIT (Scott) 19.00 – 19.40		Box Fit (Bernie) 19.30 – 20.30			
Lane Swim 20.30 – 21.30	Zumba (Bernie) 19.00 – 19.45	Lane Swim 20.30 – 21.30	Lane Swim 20.00 – 21.00	Lane Swim 19.00 – 20.00		

### Fitness Classes:

£10 per class or £80 per 10 classes

Bring a friend and pay £5 each per class

### Swim:

£4.50 for adults or £40.50 for 10 sessions

£3.50 for under 16s or £31.50 for 10 sessions

Free for under 3 year olds



Website:  
[www.oratorysports.co.uk](http://www.oratorysports.co.uk)



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