

Activity Programme 2012

Thornes Park Stadium

01924 302385 E- mail: thornesas@wakefield.gov.uk

Instructor Led Fitness Class	Prime Timers Over 50's Sessions	Organised Sessions	Clubs	Creche	Casual / free for bookings	Junior Classes	Community Sports Coach
Adult instructor for classes are aimed at all abilities. Classes include Rowing, Circuit and general fitness classes	Prime Timers sessions are aimed at over 50's. Staff will be on hand to take sessions and offer advice.	These sessions are organised by external teams / societies.	Clubs that run organised sessions. Ask at reception about how to join and prices for sessions	Child care whilst you go for a swim or use the Aspire fitness suite	The areas are free to use at reception if you wish to book the space for an activity.	Ask at reception for more details and prices.	Existing sessions run by Wakefield Council Community Sports Coach for young people from 5 to 16+ years old.



	MORNING														AFTERNOON														EVENING																																									
	07:00	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00									
MONDAY	Main Hall														Studio														Aero Room														Aspire Fitness Suite																											
TUESDAY	Main Hall														Studio														Aero Room														Aspire Fitness Suite																											
WED	Main Hall														Studio														Aero Room														Aspire Fitness Suite																											
THU	Main Hall														Studio														Aero Room														Aspire Fitness																											
FRIDAY	Main Hall														Studio														Aero Room														Aspire Fitness Suite																											
SATURDAY	Main Hall														Studio														Track Infield														Aspire Fitness Suite														Please note our programme is subject to change. For the most up to date information please contact the centre reception on the telephone number at the top of this timetable.													
SUNDAY	Main Hall																																																																					

5	Studio		10 - 11am Instructors Choice	11am - 5pm available for booking	
	Track Infield				
	Aspire Fitness Suite		8:30am - 5pm Aspire Fitness Suite		