

Fitness Classes

Opening Times

Monday

6.30am	Spin	Spin Studio	45 mins
8.00am	Pilates (Mixed Ability)	Studio	60 mins
9.15am	Les Mills Body Combat	Studio	45 mins
10.10am	PiYo	Studio	60 mins
1.45pm	Yoga	Studio	60 mins
4.00pm	Street and Commercial Dance (4-8 yrs)	Studio	45 mins
5.00pm	Pulse Barre	Studio	40 mins
5.45pm	Zumba	Studio	45 mins
5.45pm	Spin	Spin Studio	45 mins
6.35pm	Core Blimey	Studio	20 mins
7.00pm	Circuits	Studio	55 mins
7.30pm	Spin	Spin Studio	45 mins
8.00pm	Pilates (Mixed Ability)	Studio	60 mins

Tuesday

6.30am	Spin	Spin Studio	45 mins
9.20am	Body Pump	Studio	50 mins
10.35am	Beginners Fitness	Studio	30 mins
11.15am	Pilates (Mixed Ability)	Studio	60 mins
12.30pm	Flexi Bar	Studio	45 mins
2.30pm	Respiratory Rehab	Studio	60 mins
3.45pm	Street and Commercial Dance (9+ yrs)	Studio	45 mins
4.45pm	Private Hire	Studio	45 mins
5.45pm	Glutes, Arms and Abs	Studio	30 mins
6.00pm	Spin	Spin Studio	45 mins
6.20pm	Zumba	Studio	45 mins
7.00pm	Spin	Spin Studio	45 mins
7.10pm	Piloxing	Studio	45 mins
8.05pm	Les Mills Pump	Studio	50 mins

Wednesday

6.30am	Body Pump	Studio	45 mins
9.15am	1980's Aerobics	Studio	45 mins
10.10am	Core Blimey	Studio	30 mins
10.45am	Pulse Barre	Studio	45 mins
12.00pm	Spin Express	Spin Studio	30 mins
1.30pm	Cardiac and Cancer Rehab	Studio	60 mins
3.45pm	Gentle Pilates	Studio	60 mins
5.45pm	ABC	Studio	30 mins
6.15pm	Spin	Spin Studio	45 mins
6.20pm	Aerobics	Studio	45 mins
7.10pm	PiYo	Studio	50 mins
8.05pm	XFire	Studio	45 mins

Thursday

8.00am	Pilates (Mixed Ability)	Studio	60 mins
9.20am	Aerobics	Studio	45 mins
10.15am	Body Pump	Studio	60 mins
12.30pm	Rave Spin	Spin Studio	45 mins
1.30pm	Tai Chi	Studio	45 mins
2.30pm	Move It Or Lose It	Studio	60 mins
5.30pm	HiLo	Studio	60 mins
6.05pm	Circuits	Studio	45 mins
6.30pm	Spin	Spin Studio	45 mins
6.55pm	Les Mills Body Combat	Studio	45 mins
7.45pm	Fitball	Studio	45 mins

Friday

6.30am	Spin	Spin Studio	45 mins
7.15am	Pilates (Mixed Ability)	Studio	60 mins
9.20am	Piloxing	Studio	60 mins
10.30am	Pilates (Mixed Ability)	Studio	60 mins
12.00pm	Spin	Spin Studio	45 mins
1.45pm	Hatha Yoga	Studio	60 mins
5.00pm	TRX	Studio	40 mins
5.00pm	Spin	Spin Studio	45 mins
5.45pm	Kettlebell	Studio	45 mins
7.30pm	Alignment Yoga	Studio	45 mins

Saturday

8.00am	Yoga	Studio	60 mins
8.15am	Spin	Spin Studio	45 mins
9.10am	Strength Circuits	Studio	50 mins
10.15am	Move to the Movies	Studio	45 mins

Sunday

9.00am	Spin	Spin Studio	45 mins
9.15am	80's aerobics	Studio	45 mins
10.10am	3Step	Studio	45 mins
11.10am	Body Pump	Studio	60 mins
5.00pm	Rave Spin	Spin Studio	45 mins

Key:

- Specialist Classes or Extra Payment Required
- Under 14's Fitness

thePulse
DURSLEY

Opening Times

January 2022



thePulse
DURSLEY

Pool | Gym | Studio

01453 546441
hello@pulsedursley.co.uk
www.pulsedursley.co.uk

Pool Opening Times

Monday

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Little Ducks Swim School
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30 am	Parent and Toddler Swim Session
11.00am - 11.30am	Beginners Water Fitness
11.35am - 12.20pm	Lane Swimming
12.20pm - 1.30 pm	Family Swimming (1 lane available)
1.30pm - 2.45 pm	School Swimming
2.45pm - 3.35pm	Family Swimming
3.40pm - 7.05pm	Junior Swimming Lessons
6.35pm - 7.35pm	Family Swimming (D area unavailable until 7.05pm)
7.35pm - 8.20pm	Lane Swimming
8.20pm - 9.05pm	Swim Fit

Tuesday

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.30am - 10.15am	School Swimming
10.15am - 11.15am	Disabled Swimming
11.15am - 12.00pm	Aqua Stretch Exercise Class
12.00pm - 1.30pm	Family Swimming (1 lane available)
12.00pm - 1.30pm	Little Ducks Swim School
1.30pm - 2.30pm	School Swimming
2.30pm - 3.35pm	Family Swimming
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Family Swimming (D area area unavailable until 6.30pm)
7.00pm - 7.45pm	Aqua Stretch Exercise Class
7.50pm - 8.35pm	Ladies Only Swimming
8.40pm - 9.25pm	Lane Swimming

Wednesday

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.30am - 10.30am	School Swimming
10.30am - 11.15am	Parent and Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.30am - 1.30pm	Little Ducks Swim School
12.30pm - 1.30pm	Family Swimming (1 lane available)
1.30pm - 3.00pm	School Swimming
3.00pm - 3.35pm	Lane Swimming
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.15pm	Aqua Stretch Exercise Class
7.15pm - 8.15pm	Family Swimming
8.15pm - 9.00pm	Lane Swimming

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Thursday

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Little Ducks Swim School
10.00am - 10.45am	Aqua Stretch Exercise Class
10.45am - 12.00pm	School Swimming
12.00pm - 1.00pm	Little Ducks Swim School
12.00pm - 1.30pm	Family Swimming (1 lane available)
1.30pm - 3.00pm	School Swimming
3.00pm - 3.35pm	Lane Swimming
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.45pm	Family Swimming
7.45pm - 8.30pm	Lane Swimming
8.30pm - 9.15pm	Swim Fit

Friday

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Little Ducks Swim School
9.30am - 11.00am	School Swimming
11.00am - 11.45am	Aqua Tone Exercise Class
11.15am - 12.00pm	Parent and Toddler Swim Session
11.30am - 1.00pm	Little Ducks Swim School
12.00pm - 1.30pm	Family Swimming (1 lane available)
1.30pm - 2.30pm	School Swimming
2.30pm - 3.00pm	Adult Swimming Lessons
3.30pm - 5.35pm	Junior Swimming Lessons
5.45pm - 6.30pm	Aqua Zumba Exercise Class
6.35pm - 9.05pm	Dursley Dolphins Swimming Club

Saturday

8.00am - 9.00am	Junior Lifesaving Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Family Swimming
1.45pm - 3.20pm	Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm - 8.00pm	Closed for Private Parties

Sunday

7.00am - 7.45am	Lane Swimming
7.50am - 8.55am	Family Swimming
8.25am - 11.15am	Junior Swimming Lessons
10.45am - 3.55pm	Family Swimming
4.00pm - 6.15pm	Junior Swimming Lessons
6.20pm - 7.05pm	Swim Fit
7.10pm - 7.55pm	Lane Swimming

Key:

Just Turn Up

Booking Required

Gym Opening Times

Monday

6.00am - 9.30pm	Gym Open
10.00am - 11.00am	HLS Staff on Gym Floor

Tuesday

6.00am - 9.30pm	Gym Open
7.30am - 10.30am	HLS Staff on Gym Floor
5.00pm - 7.00pm	HLS Staff on Gym Floor

Wednesday

6.00am - 9.00pm	Gym Open
2.30pm - 5.30pm	HLS on gym floor

Thursday

6.00am - 9.30pm	Gym Open
5.00pm - 7.00pm	HLS on gym floor

Friday

6.00am - 9.00pm	Gym Open
12.00pm - 2.30pm	HLS on gym floor

Saturday

8.00am - 5.00pm	Gym Open
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Sunday

7.00am - 8.00pm	Gym Open
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Every Day

3.30pm - 4.30pm	11-14-Year-Old Gym Sessions
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thePulse
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