



Easter

Class and Pool Timetables

Friday 19 - Monday 22 April
2019

In partnership with



Portsmouth
CITY COUNCIL

bhlive**active**

Mountbatten

Alexandra Park, Portsmouth PO2 9QA
t: 02393 200401

GYM OPEN Friday & Monday 6.15am-10.00pm
Saturday & Sunday 8.00am-8.00pm

CLASS TIMETABLE

Friday 19 April

8.00-8.55am	Boot Camp	Studio
9.00-9.55am	PiYo	Studio
10.00-10.55am	Aerobics	Main Hall
10.00-10.55am	Yoga	Studio
11.00-11.45am	Sh'Bam	Studio
6.00-6.30pm	Les Mills GRIT	Studio

Saturday 20 April

8.00-8.55am	Ashtanga Yoga	Studio
8.30-9.00am	PLAY	Gym
9.00-9.55am	BodyAttack	Studio
9.30-10.00am	Spin	Spin Studio
10.00-10.55am	Shefit	Studio
11.00-11.45am	Sh'Bam	Studio

Sunday 21 April

8.30-9.00am	PULSE	Gym
9.00-9.30am	INSANITY	Studio
9.35-10.30am	BodyCombat	Studio
10.35-11.30am	BodyPump	Studio

Monday 22 April

8.00-8.55am	INSANITY	Studio
9.00-9.30am	P90X	Studio
9.35-10.30am	BodyPump	Studio
10.00-10.30am	Abs Blast	Gym
10.00-10.55am	Zumba	Main Hall
10.45-11.45am	BodyBalance	Studio
11.30am-12.00pm	Kettlebells	Gym
11.45am-12.45pm	Yoga	Studio
5.30-6.00pm	POWER	Gym

POOL TIMETABLE

Friday 19 - Sunday 21 April

POOL CLOSED DUE TO GALA

Monday 22 April

7.00-8.45am	Adult Lanes Only	50 Metre Pool
9.00-11.30am	Public Swimming	Pool A
9.00-11.30am	Public Swimming	Learner Pool
9.00am-7.00pm	Public Swimming	Pool B
11.45am-1.00pm	Wet & Wacky	Pool A
	<i>(No Lane Swimming Available)</i>	
11.45am-1.00pm	Wet & Wacky	Learner Pool
1.00-4.00pm	Public Swimming	Learner Pool
1.15-7.00pm	Public Swimming	Pool A
4.00-6.00pm	BH Live Swimming	
	Academy	Learner Pool
6.00-8.00pm	Public Swimming	Learner Pool
7.15-10.00pm	Adult Lanes Only	50 Metre Pool

Pyramids

Clarence Esplanade, Portsmouth PO5 3ST
t: 02393 200330

GYM OPEN 8.00am-6.00pm each day

CLASS TIMETABLE

Friday 19 April

8.45-9.30am	Aqua Fit	Main Pool
9.30-10.25am	Aerobics	Studio
10.30-11.25am	Pilates	Studio
12.00-12.30pm	Spin	Gym

Saturday 20 April

10.00-10.55am	BodyCombat	Glasshouse
10.00-11.55am	Triathlon Spin	Glasshouse
11.00-11.55am	BodyBalance	Glasshouse
12.00-12.55pm	Pilates	Glasshouse

Sunday 21 April

9.00-9.55am	Fit Bounce	Studio
10.00-10.55am	Legs, Bums & Tums	Glasshouse
11.00-11.30am	Abs & Core	Glasshouse
11.30am-12.25pm	BodyBalance	Glasshouse

Monday 22 April

9.30-10.15am	Kettlebell Club	Gym
9.30-10.25am	Ashtanga Yoga	Studio
10.30-11.25am	BodyCombat	Studio
11.30am-12.25pm	BodyBalance	Glasshouse

POOL TIMETABLE

Friday 19 April

8.00-9.45am	Public Swimming
8.45-9.30am	Aqua Fit (16+)
10.00am-5.45pm	Wet & Wacky

Saturday 20 April

8.00-10.30am	Public Swimming
11.00am-5.45pm	Wet & Wacky

Sunday 21 April

8.00-10.30am	Public Swimming
11.00am-5.45pm	Wet & Wacky

Monday 22 April

8.00-9.45am	Public Swimming
10.00am-5.45pm	Wet & Wacky

All information correct at time of printing but may be subject to change

Eastney

Melville Rd, Portsmouth PO4 9TB
t: 02393 200405

OPENING TIMES

Friday 19 April	8.00am-4.00pm
Saturday 20 April	8.00am-6.00pm
Sunday 21 April	8.00am-6.00pm
Monday 22 April	8.00am-4.00pm

POOL TIMETABLE

Friday 19 April

8.00-9.45am	Adults Only
10.00-11.45am	Wet & Wacky
12.00-1.00pm	Adult Lane Swimming
1.00-3.00pm	Public Swimming
3.00-3.40pm	Adults Only

Saturday 20 April

8.00-8.45am	Adults Only
9.00-9.40am	Personal Development
9.45am-12.15pm	BH Live Swimming Academy
12.15-3.40pm	Private Session
3.45-4.45pm	Public Swimming
5.00-6.00pm	Private Session

Sunday 21 April

8.00-9.45am	Public Swimming
10.00-11.00am	Private Session
11.00am-12.45pm	Wet & Wacky
1.00-2.00pm	Public Swimming
2.00-4.00pm	Adult Lane Swimming
4.00-6.00pm	Private Session

Monday 22 April

8.00-9.45am	Adults Only
10.00-11.45am	Wet & Wacky
12.00-1.00pm	Adult Lanes Only
1.00-3.00pm	Public Swimming
3.00-3.40pm	Adults Only

Charter

Greetham Street, Portsmouth PO5 4LH
t: 02393 200403

OPENING TIMES

Friday 19 April	8.00am-4.00pm
Saturday 20 April	8.00am-6.00pm
Sunday 21 April	8.00am-6.00pm
Monday 22 April	8.00am-4.00pm

CLASS TIMETABLE

Friday 19 April NO CLASSES

Saturday 20 April

11.00am-11.55am Ashtanga Yoga

Sunday 21 April NO CLASSES

Monday 22 April NO CLASSES

POOL TIMETABLE

Friday 19 April

8.00-9.45am	Adults Only
10.00-11.45am	Public Swimming
12.00-1.00pm	Adult Lanes Only
1.00-2.45pm	Wet & Wacky
3.00-3.40pm	Adults Only

Saturday 20 April

8.00-9.45am	Adults Only
9.00-11.00am	BH Live Swimming Academy
11.00-11.45am	Wet & Wacky/Triton Scuba
12.00-1.45pm	Public Swimming/Triton Scuba
2.00-2.45pm	Wet & Wacky/Triton Scuba
3.00-5.00pm	Private Hire
5.00-5.45pm	Adults Only

Sunday 21 April

8.00-8.45am	Adults Only
9.00-11.00am	BH Live Swimming Academy
11.00-11.45am	Wet & Wacky/Triton Scuba
12.00-1.45pm	Public Swimming/Triton Scuba
2.00-2.45pm	Ladies Only
3.00-3.55pm	Portsmouth Penguins
4.00-5.00pm	Private Hire
5.00-5.45pm	Adults Only

Monday 22 April

8.00-9.45am	Adults Only
10.00-11.45am	Public Swimming
12.00-1.00pm	Adult Lane Only
1.00-2.45pm	Wet & Wacky
3.00-3.40pm	Adults Only

For class descriptions visit:

bhliveactive.org.uk



Portsmouth Gymnastics Centre

Alex Way, Portsmouth PO2 9AD t: 02393 200402

OPENING TIMES

Friday 19 April	10.00am-5.00pm
Saturday 20 April	9.00am-6.00pm
Sunday 21 April	9.00am-6.00pm
Monday 22 April	10.00am-5.00pm

SESSIONS

Coaching sessions running as usual on Saturday.

No sessions on Friday, Sunday and Monday.

CLASS TIMETABLE

Friday 19 - Monday 22 April NO CLASSES

Portsmouth Tennis Centre

Alex Way, Portsmouth PO2 9AD t: 02393 200402

OPENING TIMES

Friday 19 April	10.00am-5.00pm
Saturday 20 April	9.00am-6.00pm
Sunday 21 April	9.00am-6.00pm
Monday 22 April	10.00am-5.00pm

CLASS TIMETABLE

Friday 19 April	NO CLASSES
Saturday 20 April	
10.00-10.55am	Cardio Tennis
Sunday 21 April	NO CLASSES
Monday 22 April	NO CLASSES

SESSIONS

Coaching sessions running as usual on Saturday.

No sessions on Friday, Sunday and Monday

Wimbledon Park

Taswell Road, Portsmouth PO5 2RG t: 02393 200404

GYM OPENING TIMES

Friday 19 April	8.00am-4.00pm
Saturday 20 April	9.00am-5.00pm
Sunday 21 April	9.00am-5.00pm
Monday 22 April	8.00am-4.00pm

CLASS TIMETABLE

Friday 19 April	NO CLASSES
Saturday 20 April	NO CLASSES
Sunday 21 April	NO CLASSES
Monday 22 April	NO CLASSES