

Mind & Body Studio Timetable

	MON	TUE	WEDS	THURS	FRI	SAT	SUN
08.30						TAI CHI © Ho Kyung	PILATES Fran (45m) (8.45am)
09.30						CHI BALL © Dianne	PILATES © Fran (9.45am)
10.05	YOGA 4 ALL © Nicci		YOGA 4 ALL © Nicci		YOGA 4 ALL © Nicci		
10.45						FITNESS YOGA © Naomi (10.30am)	PILATES INTRO Beginners Only (30mins)
11.15	PILATES © Fran (45m)	FITNESS BALLET Kirsty © (45m)	PILATES © Fran (45m)	FITNESS BALLET Kirsty © (45m)	PILATES © Fran		
13.30		YOGA 4 ALL © Jane		YOGA 4 ALL © Jane			
16.30							
17.15					FITNESS BALLET Kirsty © (45m)		
18.15	PILATES Fran (45m)	PILATES Fran	FITNESS BALLET Kirsty (45m)	PILATES Fran (45m)			
19.15	FITNESS YOGA © Naomi	TAI CHI Ho Kyung	YOGA 4 ALL Jane	TAI CHI Ho Kyung	YOGA 4 ALL Jane		
20.15	YOGA 4 ALL © Nicci	PILATES Fran (45min) (8.30pm)	YOGA 4 ALL © Jane	PILATES Fran	YOGA 4 ALL © Jane		

Group Cycle Timetable

	MON	TUE	WEDS	THURS	FRI	SAT	SUN
07.15			SARAH ©		SARAH ©		
09.00						ZOE ©	SARAH ©
10.05	LISSA ©	FRAN ©		FRAN ©	LISSA ©		
10.15						FLISS ©	
11.15			FLISS ©				
18.00			LISSA ©				
18.15	FLISS ©	SARAH ©		ZOE ©	SARAH ©		
19.00			ANDY ©				
19.15	FRAN ©						

Studio/Gym Guidelines

- Booking is strongly advised in the fitness studios. Not only will this ensure your place in the class, but if in any circumstances a class is cancelled we will be able to inform you at the earliest opportunity.
- Fitness classes may be cancelled due to lack of attendance (minimum 4 persons) if we are unable to get an instructor.
- You must give 2 hours notice if you are unable to attend a fitness class, otherwise you will be charged.
- Participants will not be allowed in the fitness studios once the warm up has commenced.
- Footwear and clothing must be appropriate to the activity being taught. Only clean trainers to be worn. Please ensure that you have fresh clothing on during each visit for your comfort and for those around you in the gym/fitness studio.
- No changing or storage of personal property in the gym/fitness studios. Changing rooms and lockers are provided.
- Limit your use on cardio equipment to 15mins in the gym during busy times.
- Maintain good hygiene by wiping off any excess sweat from the machines in the gym after use.
- Drink plenty of water to avoid dehydration.
- If you are unsure of your suitability to attend the gym or any class, or if you have a medical condition, please consult your doctor before participation in the gym/class.



This leaflet is valid from the beginning of January to April 2008. It is possible that some underperforming classes may be cancelled or changed during this period. For the most up to date class lists, visit www.activelife.td.co.uk.

Fitness Timetable

MONDAY			
07.15-08.15	BODY PUMP* ©	Dance Studio	Sarah
09.00-10.00	ACTIVE FOR LIFE	Dance Studio	Lissa
10.05-11.05	HI-LO WORKOUT ©	Dance Studio	Fran
13.30-14.30	GENTLE WORKOUT ©	Dance Studio	Sandy
17.00-17.15	BODY JAM REHEARSAL ©	Dance Studio	Kirsty
17.15-18.15	BODY JAM* ©	Dance Studio	Kirsty
18.15-19.00	HI-LO WORKOUT (45M)	Dance Studio	Lissa
19.15-20.15	STEP FOR ALL	Dance Studio	Fliss
19.15-20.15	BOXERCIRCUITS ©	Hall	Kelly
20.15-21.15	BODY PUMP*	Dance Studio	Fran

TUESDAY			
09.00-10.00	ACTIVE FOR LIFE	Dance Studio	Lissa
10.05-11.05	B.L.T ©	Dance Studio	Lissa
11.15-12.00	BODY PUMP* (45MIN) ©	Dance Studio	Lissa
12.00-13.00	ACTIVE FOR LIFE GYM	Gym	
12.15-13.15	ACTIVE FOR LIFE	Dance Studio	Lissa
13.30-14.30	GENTLE ACTIVE FOR LIFE	Dance Studio	
16.30-17.15	GYM TEENS (Ages 12+) ©	Gym	Phil
17.15-18.10	BODY PUMP* ©	Dance Studio	Sarah
18.10-19.10	STEP AEROBICS	Dance Studio	Lissa
19.10-20.10	B.L.T	Dance Studio	Lissa
19.15-20.15	MONSTER WORKOUT	Hall	Fran
20.15-21.15	DANCE FUSION	Dance Studio	Kirsty

WEDNESDAY			
07.15-08.15	BODY PUMP* ©	Dance Studio	Sarah
09.20-10.05	BODY COMBAT* (45min) ©	Dance Studio	Fran
10.10-11.10	BODY PUMP* ©	Dance Studio	Fran
13.30-14.30	GENTLE WORKOUT ©	Dance Studio	Sandy
16.30-17.15	GYM TEENS (Ages 12+) ©	Gym	Zoë
17.00-17.15	BODY JAM REHEARSAL ©	Dance Studio	Kirsty
17.15-18.15	BODY JAM* ©	Dance Studio	Kirsty
18.15-19.15	B.L.T	Dance Studio	Sandy
19.15-20.15	BASIC STEP	Dance Studio	Fliss
20.15-21.15	BODY PUMP *	Dance Studio	Fliss

THURSDAY			
09.00-10.00	ACTIVE FOR LIFE	Dance Studio	Lissa
10.10-11.10	B.L.T ©	Dance Studio	Lissa
11.15-12.00	BODY PUMP* (45min)	Dance Studio	Fran
12.00-13.00	ACTIVE FOR LIFE GYM	Gym	
13.30-14.30	GENTLE ACTIVE FOR LIFE	Dance Studio	
16.30-17.15	GYM TEENS (ages 12+) ©	Gym	Phil
17.15-18.15	BODY PUMP* ©	Dance Studio	Lissa
18.15-19.00	PURE STEP ©	Dance Studio	Lissa
19.10-20.10	BODY COMBAT* ©	Dance Studio	Fran
20.15-21.15	BODY PUMP* ©	Dance Studio	Sharon

FRIDAY			
09.00-10.00	ACTIVE FOR LIFE	Dance Studio	Lissa
10.05-11.05	HI-LO WORKOUT ©	Dance Studio	Fran
12.30-13.30	ACTIVE FOR LIFE	Dance Studio	Lissa
17.15-18.15	BODY PUMP* ©	Dance Studio	Lissa
18.15-19.15	B.L.T	Dance Studio	Lissa

SATURDAY			
09.10-10.10	BODY COMBAT* ©	Dance Studio	Sharon/Fran
10.20-11.20	BODY PUMP*	Dance Studio	Sharon
11.15-12.15	GYM TEENS (ages 12+) ©	Gym	Zoë
16.45-17.00	BODY JAM REHEARSAL ©	Dance Studio	Kirsty
17.00-18.00	BODY JAM* ©	Dance Studio	Kirsty

SUNDAY			
09.30-10.00	BODY PUMP TECHNIQUE	Dance Studio	Lissa
10.00-11.00	BODY PUMP*	Dance Studio	Lissa
11.00-12.00	STEP FOR ALL	Dance Studio	Lissa
17.30-18.00	BODY COMBAT TECHNIQUE ©	Dance Studio	Sharon
18.00-19.00	BODY COMBAT* ©	Dance Studio	Sharon

© 3-Star concession price of £2.20 available for these classes

* An induction, technique class or rehearsal class is needed before participation in these sessions. Please contact reception for more details.

Please ensure that you swipe your card in at reception for all classes.