

# SEPTEMBER - DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15 GROUP CYCLE 45 mins - 3* Adam Cycle Studio	06.30 - 07.30 BODY PUMP™ 60 mins - 3* Sarah / Adam Dance Studio	06.30 - 07.15 GROUP CYCLE 45 mins - 3* Adam Cycle Studio	06.30 - 07.15 GROUP CYCLE 45 mins - 3* David Cycle Studio	06.30 - 07.30 BODY PUMP™ 60 mins - 3* Sarah / Michelle Dance Studio	07.15 - 08.00 BODY BALANCE™ 45 mins - 3* Adam Dance Studio	07.30 - 08.25 WAKE UP TO YOGA 55 mins - 3* Kate Mind & Body
07.15 - 08.00 ABS, CORE & MORE 45 mins - 3* Adam Mind & Body	07.15 - 08.15 WAKE UP TO YOGA 60 mins - 3* Monica Mind & Body	07.15 - 07.45 AB ATTACK 30 mins - 3* Adam Dance Studio	07.15 - 08.15 WAKE UP TO YOGA 60 mins - 3* Monica Mind & Body	09.15 - 10.00 YOGA FOR ALL 45 mins Nikki Mind & Body	07.25 - 08.10 PILATES FOR ALL 45 mins - 3* Fran Mind & Body	08.10 - 08.55 BODY PUMP™ 45 mins - 3* Naomi Dance Studio
09.15 - 10.00 BODY BALANCE™ 45 mins - 3* Aimee Mind & Body	09.15 - 10.00 BODY BALANCE™ 45 mins - 3* Aimee Mind & Body	08.30 - 09.15 FIGHT CLUB 45 mins - 3* Adam Dance Studio	09.00 - 10.00 INTRO TO YOGA 60 mins - 3* Liz Mind & Body	10.05 - 11.05 HI-LO WORKOUT 60 mins - 3* Fran Dance Studio	08.10 - 09.10 TAI CHI 60 mins - 3* Ho Kyung Party Room	08.30 - 09.15 GROUP CYCLE 45 mins - 3* Lucy Cycle Studio
10.05 - 11.05 HI-LO WORKOUT 60 mins - 3* Liz Dance Studio	10.05 - 11.05 YOGA FOR ALL 60 mins - 3* Liz Mind & Body	09.15 - 10.00 BODY BALANCE™ 45 mins - 3* Kealy Mind & Body	10.05 - 11.05 YOGA FOR ALL 60 mins - 3* Jo Mind & Body	10.05 - 10.50 GROUP CYCLE 45 mins - 3* Adam Cycle Studio	08.20 - 09.05 GROUP CYCLE 45 mins - 3* Fran Cycle Studio	08.30 - 09.15 PILATES FOR ALL 45 mins - 3* Fran Mind & Body
10.05 - 10.50 GROUP CYCLE 45 mins - 3* Aimee Cycle Studio	10.05 - 11.05 ZUMBA® 60 mins - 3* Lissa Dance Studio	09.20 - 10.05 BODY COMBAT™ 45 mins - 3* Adam Dance Studio	10.05 - 10.50 GROUP CYCLE 45 mins - 3* Nikki Cycle Studio	10.05 - 11.05 YOGA FOR ALL 60 mins - 3* Naomi Mind & Body	08.10 - 08.55 BODY PUMP™ 45 mins - 3* Naomi Dance Studio	09.00 - 09.30 LES MILLS BARRE™ 30 mins - 3* Roberta Dance Studio
10.05 - 11.05 INTRO TO YOGA 60 mins - 3* Liz Mind & Body	10.05 - 10.50 GROUP CYCLE 45 mins - 3* Fran Cycle Studio	10.05 - 10.55 YOGA FOR ALL 50 mins - 3* Nikki Mind & Body	10.05 - 11.00 ZUMBA 55 mins - 3* Kelly Dance Studio	11.05 - 12.05 VINYASA YOGA 60 mins - 3* Adam Mind & Body	08.15 - 09.00 FIGHT CLUB 45 mins - 3* Adam Mind & Body	09.20 - 10.05 GROUP CYCLE 45 mins Lucy Cycle Studio
11.05 - 12.05 YOGA FOR ALL 60 mins - 3* Liz Mind & Body	10.15 - 11.00 AQUA Peak   45 mins - 3* Lynsey Main Pool	10.10 - 10.55 GROUP CYCLE 45 mins - 3* Adam Cycle Studio	10.15 - 11.00 WATERWORKS Peak   45 mins - 3* Dan Main Pool	11.15 - 12.00 PILATES FOR ALL 45 mins - 3* Fran Dance Studio	09.05 - 09.35 KIDS STREET DANCE 3 - 4 30 mins - 3* Maria Mind & Body	09.30 - 10.15 SH'BAM™ 45 mins - 3* Roberta Dance Studio
11.15 - 12.00 PILATES FOR ALL 45 mins - 3* Fran Dance Studio	11.15 - 12.00 BODY PUMP™ 60 mins - 3* Lissa Dance Studio	10.10 - 11.10 BODY PUMP™ 60 mins - 3* Fran Dance Studio	11.10 - 11.55 BODY BALANCE™ 45 mins - 3* Kelly Mind & Body	11.15 - 12.00 BIG RIG WORKOUT 45 mins Adam Gym Functional Area	09.05 - 10.05 BODY COMBAT™ 60 mins Adam Dance Studio	09.15 - 10.00 PILATES FOR ALL 45 mins - 3* Fran Mind & Body
11.15 - 12.00 BIG RIG WORKOUT 45 mins Dan Gym Functional Area	11.15 - 12.00 ABS, CORE & MORE 45 mins - 3* Fran Mind & Body	10.55 - 11.45 YOGA FOR ALL 50 mins - 3* Nikki Mind & Body	11.15 - 12.00 BODY PUMP™ 45 mins - 3* Fran Dance Studio	12.30 - 13.15 DEEP AQUA Off Peak   45 mins - 3* Dan Main Pool	09.15 - 10.00 GROUP CYCLE 45 mins - 3* Zoe Cycle Studio	10.10 - 11.10 BODY BALANCE™ 60 mins - 3* Kevin Mind & Body
12.15 - 13.00 AQUA Off Peak   45 mins - 3* Grace Main Pool	12.15 - 13.15 YOGA FOR ALL 45 mins - 3* Jane Mind & Body	11.45 - 12.35 VINYASA YOGA 50 mins - 3* Nikki Mind & Body	13.30 - 14.30 YOGA FOR ALL 60 mins - 3* Jo Mind & Body	12.30 - 13.15 GENTLE PILATES 45 mins - 3* Helen Mind & Body	09.30 - 10.30 CHI BALL 60 mins - 3* Dianne Party Room	10.15 - 11.15 BODY PUMP™ 60 mins Lucy Dance Studio
12.30 - 13.15 GENTLE PILATES 45 mins - 3* Helen Mind & Body	12.30 - 13.15 DEEP AQUA Peak   45 mins - 3* Dan Main Pool	11.15 - 12.00 PILATES FOR ALL 45 mins - 3* Fran Dance Studio	12.30 - 13.15 DEEP AQUA Peak   45 mins - 3* Dan Main Pool	15.30 - 17.30 TEEN TRAINING 120 mins - 3* Gym Instructor Main Gym	09.40 - 10.25 KIDS STREET DANCE 5 - 7 45 mins - 3* Maria Mind & Body	10.15 - 11.00 FTP TEST (Last Sunday each month) 45 mins Steve Cycle Studio
13.30 - 14.30 GENTLE WORKOUT 60 mins - 3* Sandy Mind & Body	15.30 - 17.30 TEEN TRAINING 120 mins - 3* Gym Instructor Main Gym	11.15 - 12.00 BIG RIG WORKOUT 45 mins Dan Gym Functional Area	15.30 - 17.30 TEEN TRAINING 120 mins - 3* Gym Instructor Main Gym	17.15 - 18.15 BODY PUMP™ 60 mins - 3* Lissa Dance Studio	10.05 - 11.00 BODY PUMP™ 55 mins Adam Dance Studio	12.00 - 16.00 FAMILY TRAINING 240 mins - 3* Age 12+ Main Gym
15.30 - 17.30 TEEN TRAINING 120 mins - 3* Gym Instructor Main Gym	16.30 - 17.15 KIDS YOGA 8 - 12 Term Time - 45 mins - 3* Helen Mind & Body	12.45 - 13.30 GENTLE PILATES 45 mins - 3* Jess Mind & Body	16.30 - 17.15 KIDS YOGA 8 - 12 Term Time - 45 mins - 3* Helen Mind & Body	17.30 - 18.15 FIGHT CLUB 45 mins - 3* Adam Mind & Body	10.25 - 11.10 KIDS STREET DANCE 8 - 11 45 mins - 3* Maria Mind & Body	16.50 - 17.50 YOGA FOR ALL 60 mins - 3* Emma Mind & Body
17.00 - 17.30 FIGHT CLUB 30 mins - 3* Adam Dance Studio	17.15 - 18.15 BODY PUMP™ 60 mins Sarah Dance Studio	13.35 - 14.35 GENTLE WORKOUT 60 mins - 3* Sandy Mind & Body	17.15 - 18.15 BODY PUMP™ 60 mins - 3* Lissa Dance Studio	18.15 - 19.00 STRICTLY DANCE AEROBICS 45 mins Lissa Dance Studio	11.00 - 13.00 TEEN TRAINING 120 mins - 3* Gym Instructor Main Gym	17.30 - 18.30 BODY COMBAT™ 60 mins - 3* Pip Dance Studio
NEW 17.00 - 17.30 LES MILLS BARRE™ 30 mins - 3* Kealy Mind & Body	17.40 - 18.25 GROUP CYCLE No screens 45 mins - 3* David Cycle Studio	15.30 - 17.30 TEEN TRAINING 120 mins - 3* Gym Instructor Main Gym	17.30 - 18.15 FIGHT CLUB 45 mins - 3* Adam Mind & Body	18.25 - 19.25 YOGA FOR ALL 60 mins Emma Mind & Body	11.15 - 12.00 ADULT STREET DANCE 45 mins - 3* Maria Mind & Body	17.50 - 18.50 YOGA FOR ALL 60 mins - 3* Emma Mind & Body
17.30 - 18.15 BODY COMBAT™ 45 mins Adam Dance Studio	17.30 - 18.15 BODY BALANCE™ 45 mins - 3* Adam Mind & Body	NEW 17.00 - 17.30 LES MILLS BARRE™ 30 mins - 3* Roberta Mind & Body	17.40 - 18.25 GROUP CYCLE 45 mins - 3* Zoe Cycle Studio	18.15 - 19.00 BIG RIG WORKOUT 45 mins Adam Gym Functional Area	NEW 12.05 - 12.50 LES MILLS BARRE™ 45 mins - 3* Maria Mind & Body	NEW 18.30 - 19.15 LES MILLS BARRE™ 45 mins - 3* Pip Dance Studio
17.30 - 18.15 SH'BAM™ 45 mins - 3* Kealy Mind & Body	18.15 - 19.15 BODY COMBAT™ 60 mins Adam Dance Studio	17.30 - 18.25 YOGA FOR ALL 55 mins - 3* Kate Mind & Body	18.15 - 19.10 BODY BALANCE™ 55 mins Adam Mind & Body	19.00 - 19.45 BODY COMBAT™ 45 mins - 3* Stuart Dance Studio	11.15 - 12.00 BIG RIG WORKOUT 45 mins Toby Gym Functional Area	18.50 - 19.50 YIN YOGA 60 mins - 3* Emma Mind & Body
18.15 - 19.00 STRICTLY DANCE AEROBICS 45 mins Lissa Mind & Body	18.20 - 19.05 PILATES FOR ALL 45 mins Fran Mind & Body	17.30 - 18.15 BODY JAM™ 45 mins - 3* Roberta Dance Studio	18.15 - 19.10 ZUMBA® 55 mins - 3* Lissa Dance Studio	19.25 - 20.25 YOGA FOR ALL 60 mins - 3* Jo Mind & Body	12.00 - 16.00 FAMILY TRAINING 240 mins - 3* Age 12+ Main Gym	19.15 - 20.00 DEEP AQUA Off Peak   45 mins - 3* Lynsey Main Pool
18.15 - 19.00 PILATES FOR ALL 45 mins Fran Dance Studio	18.25 - 19.10 GROUP CYCLE 45 mins Sarah Cycle Studio	17.40 - 18.25 GROUP CYCLE No screens 45 mins - 3* David Cycle Studio	18.30 - 19.15 GROUP CYCLE 45 mins Zoe Cycle Studio	19.45 - 20.30 BODY PUMP™ 45 mins - 3* Stuart Dance Studio		
18.15 - 19.00 GROUP CYCLE 45 mins Adam Cycle Studio	19.15 - 20.15 B.L.T. 60 mins Lissa Dance Studio	18.15 - 19.00 POUND® 45 mins Roberta Dance Studio	19.00 - 20.00 TAI CHI 60 mins - 3* Ho Kyung Party Room			
19.10 - 20.05 STEP FOR ALL 45 mins Aimee Dance Studio	19.15 - 20.05 MONSTER CIRCUITS 50 mins - 3* Fran Sports Hall	18.30 - 19.15 ABS, CORE & MORE 45 mins David Mind & Body	19.15 - 20.15 BODY COMBAT™ 60 mins Adam Dance Studio			
19.00 - 19.45 BODY BALANCE™ 45 mins Naomi Mind & Body	NEW 19.15 - 20.00 LES MILLS BARRE™ 45 mins Pip Mind & Body	18.30 - 19.15 GROUP CYCLE 45 mins Dan Cycle Studio	19.15 - 20.00 ABS, CORE & MORE 45 mins - 3* David Mind & Body			
19.10 - 19.55 GROUP CYCLE 45 mins Fran Cycle Studio	19.15 - 20.00 BIG RIG WORKOUT 45 mins David Gym Functional Area	19.00 - 19.55 BODY ATTACK™ 45 mins Kevin Dance Studio	19.15 - 20.00 BIG RIG WORKOUT 45 mins Tayler Gym Functional Area			
19.15 - 20.00 BIG RIG WORKOUT 45 mins David Gym Functional Area	20.00 - 20.45 WATERWORKS Off Peak   45 mins - 3* Dan Main Pool	19.20 - 20.20 YOGA FOR ALL 60 mins Jane Mind & Body	20.00 - 20.45 DEEP AQUA Off Peak   45 mins - 3* Lindsey Main Pool			
19.50 - 20.40 VINYASA YOGA 50 mins Nikki Mind & Body	20.00 - 20.45 DEEP AQUA Off Peak   45 mins - 3* Caroline Main Pool	19.15 - 20.00 BIG RIG WORKOUT 45 mins Toby Gym Functional Area	20.15 - 21.15 YOGA FOR ALL 60 mins - 3* Annette Mind & Body			
20.05 - 20.50 BODY PUMP™ 45 mins Fran Dance Studio	20.05 - 20.50 PILATES FOR ALL 45 mins Kevin Mind & Body	20.00 - 20.45 BODY PUMP™ 45 mins Adam Dance Studio	20.15 - 21.00 BODY PUMP™ 45 mins - 3* Adam Dance Studio			
20.40 - 21.30 YOGA FOR ALL 50 mins - 3* Nikki Mind & Body	20.15 - 21.00 BODY JAM™ 45 mins - 3* Roberta Dance Studio	20.20 - 21.20 YOGA FOR ALL 60 mins - 3* Jane Mind & Body				

- Energetic workouts to burn calories & raise heart rate
- Muscular strength & endurance
- Aqua Aerobics
- Combination of energetic workout & muscular strength & endurance
- Kids / Teen sessions
- Dance or martial arts
- Gentle workouts
- NEW New class
- ⌚ Time Change

All fitness classes can be booked via the app, online or by telephone and can be made 7 days in advance of the class. Booking is strongly advised for all fitness classes. Not only will this ensure your place in the class, but also if a class is cancelled we will be able to inform you at the earliest opportunity.

If a booking needs to be cancelled you must give notice to avoid a charge.  
**Day classes (6:00am to 5:00pm)** must be cancelled by 6.00pm on the previous day to avoid a £4.00 charge.  
**Evening classes (5:00pm – 10:00pm)** must be cancelled by 10.00am on the day of the class to avoid a £4.00 charge.  
**Cancellations within 3 hours of the class start time** will incur a charge of £6.40 for a fitness class and £7.00 for a mind and body class.  
**Unattended classes (no show)** will incur a charge at non-member class rate.

Please ensure you confirm your attendance for each class by swiping in at reception ahead of the class.  
 On occasion it may be necessary for a class to be cancelled or for the class instructor to be changed, Active Life reserves the right to do this at anytime. Where possible advance notice will be given to those members who have booked the affected class, however where circumstances are beyond our control, this may not always be possible.

If you are new to the class please arrive before the warm-up commences, allowing appropriate time to discuss with the instructor your suitability for the class. Participants will not be allowed in the fitness studios once the warm-up has commenced. Please ensure you have read the full studio guidelines, which are located in each studio.