

SEPTEMBER - DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15 3* Nicci Cycle Studio GROUP CYCLE	06.30 - 07.15 3* Sean Main Studio BODY PUMP	06.30 - 07.15 3* Sean Cycle Studio GROUP CYCLE	06.30 - 07.30 3* Adam Dance Studio BODY PUMP™	06.30 - 07.15 3* Lucy Cycle Studio GROUP CYCLE	07.15 - 08.00 3* Sean Dance Studio BODY BALANCE™	07.45 - 08.30 3* Kelly Mind & Body Studio PILATES FOR ALL
07.05 - 07.55 3* Chloe Mind & Body WAKE UP TO YOGA	07.20 - 08.05 3* Sean Mind & Body BODY BALANCE™	07.05 - 07.55 3* Chloe Mind & Body WAKE UP TO YOGA	08.05 - 08.50 3* Aimee Dance Studio 15/15/15	07.20 - 08.05 3* Lucy Mind & Body Studio BODY BALANCE™	07.15 - 08.00 3* Sophie Mind & Body PILATES FOR ALL	08.15 - 09.00 3* Aimee Cycle Studio GROUP CYCLE
07.20 - 08.05 3* Nicci Dance Studio BODY PUMP™	08.05 - 08.50 3* Mel Dance Studio STEP FOR ALL	07.55 - 08.40 3* Chloe Mind & Body YOGA FOR ALL	08.15 - 09.10 3* Emma Mind & Body YOGA FOR ALL	08.05 - 08.50 3* Lucy Dance Studio B.L.T.	08.05 - 09.00 3* Stuart Dance Studio BODY COMBAT™	08.15 - 09.00 3* Stuart Dance Studio BODY PUMP™
07.55 - 08.40 3* Chloe Mind & Body YOGA FOR ALL	08.05 - 08.50 3* Sean Mind & Body PILATES FOR ALL	08.05 - 08.50 3* Corinne Dance Studio AEROTONE	09.15 - 10.00 3* Mel Mind & Body BODY COMBAT™	08.20 - 09.05 3* Michaela Mind & Body PILATES FOR ALL	08.10 - 08.55 3* Sean Cycle Studio GROUP CYCLE	08.30 - 09.15 3* Corinne Mind & Body Studio BODY BALANCE™
08.05 - 08.50 3* Nicci Dance Studio AEROTONE	09.15 - 10.00 3* Nicci Cycle Studio GROUP CYCLE	09.15 - 10.00 3* Lucy Cycle Studio GROUP CYCLE	09.15 - 10.00 3* Sean Cycle Studio GROUP CYCLE	09.15 - 10.00 3* Nicci Cycle Studio GROUP CYCLE	08.05 - 08.50 3* Sophie Mind & Body PILATES FOR ALL	09.10 - 10.10 3* Stuart Dance Studio BODY COMBAT™
08.45 - 09.15 3* Adam Mind & Body ABS, CORE & MORE	09.15 - 10.00 3* Sean Mind & Body BODY COMBAT™	09.15 - 10.15 3* Helen Mind & Body BODY ATTACK™	10.05 - 11.00 3* Emma Mind & Body YOGA FOR ALL	09.15 - 10.00 3* Sean Mind & Body FIGHT CLUB	09.10 - 10.00 3* Sean Dance Studio BOOT CAMP	09.15 - 10.15 3* Claire Main Pool TRI TRAINING
09.15 - 10.00 3* Adam Mind & Body BODY COMBAT™	10.00 - 10.45 3* Jo Main Pool AQUA	09.30 - 10.15 3* Jo Main Pool WATERWORKS	10.10 - 11.00 3* Jo Dance Studio STEP FOR ALL	09.30 - 10.15 3* Jo Main Pool AQUA	08.55 - 09.40 3* Roberta Mind & Body SH'BAM™	09.15 - 10.05 3* Helen Mind & Body BODY JAM™
09.15 - 10.00 3* Sean Cycle Studio GROUP CYCLE	10.05 - 10.35 3* Helen Mind & Body NEW BODY JAM™	10.10 - 11.00 3* Lucy Dance Studio B.L.T.	10.05 - 10.50 3* Sean Cycle Studio GROUP CYCLE (NO SCREENS)	10.10 - 10.55 3* Michaela Mind & Body PILATES FOR ALL	09.00 - 09.45 3* Aimee Cycle Studio GROUP CYCLE	09.15 - 10.00 3* Aimee Cycle Studio GROUP CYCLE
10.05 - 11.00 3* Emma Mind & Body YOGA FOR ALL	10.35 - 11.05 3* Helen Mind & Body NEW LES MILLS BARRE™	10.05 - 10.50 3* Aimee Cycle Studio GROUP CYCLE	11.05 - 11.50 3* Sean Dance Studio BODY PUMP™	10.10 - 11.00 3* Nicci Dance Studio AEROTONE	09.40 - 10.10 3* Roberta Mind & Body NEW LES MILLS BARRE™	10.10 - 11.10 3* Kelly Dance Studio BODY PUMP™
10.05 - 10.50 3* Sean Cycle Studio GROUP CYCLE (NO SCREENS)	10.10 - 11.00 3* Nicci Dance Studio HI-LO WORKOUT	10.15 - 11.00 3* Helen Mind & Body BODY JAM™	11.05 - 11.50 3* Sophie Mind & Body PILATES FOR ALL	10.15 - 11.00 3* Sean Cycle Studio GROUP CYCLE	10.05 - 11.05 3* Sean Dance Studio BODY ATTACK™	10.15 - 11.00 3* Steve Cycle Studio FTP TEST (First Sunday each month)
10.10 - 11.00 3* Lucy Dance Studio AEROTONE	10.05 - 10.50 3* Lucy Cycle Studio GROUP CYCLE	11.00 - 11.45 3* Michaela Mind & Body PILATES FOR ALL	11.55 - 12.40 3* Emma Mind & Body YOGA FOR ALL	11.00 - 11.45 3* Michaela Mind & Body PILATES FOR ALL	10.10 - 10.55 3* Kealy Mind & Body DANCE MIX	10.15 - 11.00 3* Corinne Mind & Body PILATES FOR ALL
10.30 - 11.15 3* Helen Main Pool WATERWORKS	11.05 - 11.50 3* Lucy Mind & Body PILATES FOR ALL	11.05 - 11.50 3* Lucy Dance Studio BODY PUMP™	12.45 - 13.45 3* Kelly Mind & Body ZUMBA® GOLD	11.05 - 11.35 3* Nicci Dance Studio ABS BLAST	09.45 - 10.30 3* Aimee Cycle Studio GROUP CYCLE	11.00 - 12.00 3* Corinne Mind & Body BODY BALANCE™
11.05 - 11.50 3* Sean Dance Studio BODY PUMP™	11.05 - 11.50 3* Nicci Dance Studio BODY PUMP™	11.45 - 12.30 3* Michaela Mind & Body PILATES FOR ALL	13.45 - 14.30 3* Kelly Mind & Body MATURE STRETCH	11.55 - 12.55 3* Emma Mind & Body YOGA FOR ALL	11.15 - 12.00 3* Sean Dance Studio BODY PUMP™	12.00 - 16.00 3* Age 12+ - 3* Gym Instructor FAMILY TRAINING
11.05 - 11.50 3* Lucy Mind & Body ABS, CORE & MORE	12.00 - 12.45 3* Kelly Dance Studio ZUMBA® GOLD	12.00 - 12.45 3* Kealy Dance Studio ZUMBA® GOLD	16.00 - 18.00 3* Age 12+ - 3* Gym Instructor TEEN TRAINING	12.00 - 13.00 3* Kealy Dance Studio ZUMBA® GOLD	11.30 - 12.30 3* Poppy Main Pool TRI TRAINING	17.15 - 18.00 3* Kevin Dance Studio BODY ATTACK™
12.00 - 12.45 3* Kelly Dance Studio ZUMBA® GOLD	11.50 - 12.35 3* Helen Mind & Body PILATES FOR ALL	14.00 - 14.45 3* Grace Main Pool AQUA	16.15 - 17.00 3* Helen Dance Studio KIDS FIT CIRCUITS	13.00 - 14.00 3* Nicci Mind & Body YOGA FOR ALL	12.00 - 16.00 3* Age 12+ - 3* Gym Instructor FAMILY TRAINING	18.05 - 18.50 3* Kevin Dance Studio BODY PUMP™
12.00 - 12.45 3* Michaela Mind & Body BEGINNERS PILATES	12.45 - 13.45 3* Kelly Mind & Body MATURE STRETCH	16.00 - 18.00 3* Age 12+ - 3* Gym Instructor TEEN TRAINING	17.15 - 18.00 3* Sean Mind & Body INSANITY®	16.00 - 18.00 3* Age 12+ - 3* Gym Instructor YOGA FOR ALL	16.00 - 18.00 3* Age 12+ - 3* Gym Instructor TEEN TRAINING	19.00 - 19.45 3* Kevin Dance Studio BODY BALANCE™
12.45 - 13.30 3* Kelly Dance Studio ZUMBA® GOLD TONING	16.00 - 18.00 3* Age 12+ - 3* Gym Instructor TEEN TRAINING	17.00 - 17.50 3* Nikki Mind & Body YOGA FOR ALL	17.30 - 18.15 3* Lucy Dance Studio BODY PUMP™	17.15 - 18.00 3* Corinne Cycle Studio GROUP CYCLE	17.15 - 18.00 3* Corinne Cycle Studio GROUP CYCLE	
12.45 - 13.30 3* Michaela Mind & Body PILATES FOR ALL	17.30 - 18.15 3* Sean Mind & Body FIGHT CLUB	17.15 - 18.00 3* Adam Dance Studio BODY PUMP™	18.05 - 18.50 3* Nikki Mind & Body YOGA FOR ALL	17.30 - 18.15 3* Helen Dance Studio PILATES FOR ALL	17.30 - 18.15 3* Sean Mind & Body HIIT THE CIRCUIT	
13.30 - 14.15 3* Michaela Mind & Body PILATES FOR ALL	17.30 - 18.15 3* Kelly Dance Studio ZUMBA®	17.15 - 18.00 3* Sean Cycle Studio GROUP CYCLE (NO SCREENS)	18.20 - 19.15 3* Helen Dance Studio BODY COMBAT™	18.15 - 19.00 3* Helen Dance Studio PILATES FOR ALL	18.15 - 19.00 3* Helen Dance Studio PILATES FOR ALL	
16.00 - 18.00 3* Age 12+ - 3* Gym Instructor TEEN TRAINING	18.00 - 18.45 3* Corinne Cycle Studio GROUP CYCLE	17.50 - 18.40 3* Nikki Mind & Body YOGA FOR ALL	18.25 - 19.10 3* Lucy Cycle Studio GROUP CYCLE	18.15 - 19.00 3* Helen Dance Studio PILATES FOR ALL		
16.15 - 17.00 3* Age 5 - 11 - 3* Helen Dance Studio KIDS FIT CIRCUITS	18.15 - 19.15 3* Sean Mind & Body PILATES FOR ALL	18.00 - 18.45 3* Lucy Cycle Studio GROUP CYCLE	18.50 - 19.35 3* Nikki Mind & Body YOGA FOR ALL	18.15 - 19.00 3* Sean Mind & Body FIGHT CLUB		
17.15 - 18.00 3* Lucy Dance Studio 15/15/15	18.15 - 19.15 3* Kelly Dance Studio BODY PUMP™	18.05 - 18.50 3* Sean Dance Studio BODY ATTACK™	19.15 - 20.15 3* Kelly Dance Studio B.L.T.	19.15 - 20.15 3* Sean Dance Studio BODY PUMP™		
17.15 - 18.10 3* Nikki Mind & Body YOGA FOR ALL	19.00 - 19.45 3* Off Peak 3* Jo Main Pool AQUA STEP	18.15 - 19.00 3* Off Peak 3* Corinne Main Pool DEEP AQUA	19.15 - 20.00 3* Barrie Cycle Studio GROUP CYCLE	19.15 - 20.00 3* Helen Mind & Body BODY BALANCE™		
17.50 - 18.35 3* Corinne Cycle Studio GROUP CYCLE	19.00 - 19.45 3* Of Peak 3* Corinne Main Pool DEEP AQUA	18.40 - 19.30 3* Nikki Mind & Body VINYASA YOGA	19.35 - 20.20 3* Advanced Class Nikki Mind & Body VINYASA YOGA	20.05 - 20.50 3* Helen Mind & Body NEW LES MILLS BARRE™		
18.00 - 19.00 3* Beginners Class Instructor Reception RUNNING CLUB	19.15 - 20.00 3* Nicci Cycle Studio GROUP CYCLE	18.50 - 19.35 3* Aimee Cycle Studio GROUP CYCLE	20.15 - 21.00 3* Kelly Dance Studio PILATES FOR ALL			
18.05 - 18.50 3* Helen Dance Studio BODY JAM™	19.15 - 20.00 3* Sean Mind & Body HITT THE CIRCUIT	19.00 - 20.00 3* Sean Dance Studio BODY COMBAT™	20.20 - 21.15 3* Helen Mind & Body BODY JAM™			
18.10 - 19.05 3* Nikki Mind & Body VINYASA YOGA	19.15 - 20.00 3* Kealy Dance Studio SH'BAM™	19.45 - 20.30 3* Sophie Mind & Body PILATES FOR ALL				
18.45 - 19.30 3* Lucy Cycle Studio GROUP CYCLE	19.45 - 20.30 3* Off Peak 3* Jo Main Pool AQUA	20.00 - 20.45 3* Sean Dance Studio BODY PUMP™				
18.50 - 19.50 3* Corinne Dance Studio BODY PUMP™	20.05 - 20.50 3* Nicci Dance Studio BODY COMBAT™	20.30 - 21.15 3* Sophie Mind & Body PILATES FOR ALL				
19.35 - 20.20 3* Lucy Cycle Studio GROUP CYCLE	20.05 - 20.50 3* NEW Kealy Mind & Body LES MILLS BARRE™					
19.40 - 20.25 3* Adam Mind & Body FIGHT CLUB						
20.15 - 21.00 3* Roberta Dance Studio POUND®						
20.30 - 21.15 3* Aimee Mind & Body BODY BALANCE™						

- Energetic workouts to burn calories & raise heart rate
- Strength, core stability, flexibility, relax & energise
- Combination of energetic workout & muscular strength & endurance
- Muscular strength & endurance
- Dance or martial arts
- Aqua Aerobics
- Kids / Teen sessions
- Gentle workouts

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.

New class

Time Change