

JANUARY - APRIL 2019

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

- 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 £6.60 for a fitness class and £7.20 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.

