

JANUARY - APRIL 2019

KINGSMEAD LEISURE CENTRE

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

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