

# SEPTEMBER - DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15 - 07.15 <b>GROUP CYCLE</b> 3* Nicci Cycle Studio	06.30 - 07.15 <b>BODY PUMP</b> 3* Sean Main Studio	06.30 - 07.15 <b>GROUP CYCLE</b> 3* Mel Cycle Studio	06.30 - 07.30 <b>BODY PUMP™</b> 3* Mel Dance Studio	06.30 - 07.15 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	07.15 - 08.00 <b>BODY BALANCE™</b> 3* Sean Dance Studio	08.15 - 09.00 <b>GROUP CYCLE</b> 3* Aimee Cycle Studio
07.05 - 07.55 <b>WAKE UP TO YOGA</b> 3* Claire Mind & Body	07.20 - 08.05 <b>BODY BALANCE™</b> 3* Sean Mind & Body	07.05 - 07.55 <b>WAKE UP TO YOGA</b> 3* Claire Mind & Body	08.05 - 08.50 <b>WAKE UP TO YOGA</b> 3* Aimee Dance Studio	07.20 - 08.05 <b>BODY BALANCE™</b> 3* Lucy Mind & Body	<b>NEW</b> 07.15 - 08.00 <b>PILATES FOR ALL</b> 3* Mark Mind & Body	08.15 - 09.00 <b>BODY PUMP™</b> 3* Stuart Dance Studio
07.55 - 08.40 <b>YOGA FOR ALL</b> 3* Claire Mind & Body	08.05 - 08.50 <b>PILATES FOR ALL</b> 3* Sean Mind & Body	07.55 - 08.40 <b>YOGA FOR ALL</b> 3* Claire Mind & Body	08.15 - 09.10 <b>YOGA FOR ALL</b> 3* Emma Mind & Body	08.05 - 08.50 <b>B.L.T.</b> 3* Lucy Dance Studio	08.05 - 09.00 <b>BODY COMBAT™</b> 3* Stuart Dance Studio	08.30 - 09.15 <b>BODY BALANCE™</b> 3* Corinne Mind & Body Studio
08.00 - 08.45 <b>AEROTONE</b> 3* Nicci Dance Studio	09.15 - 10.00 <b>GROUP CYCLE</b> 3* Nicci Cycle Studio	08.05 - 08.50 <b>AEROTONE</b> 3* Corinne Dance Studio	09.15 - 10.00 <b>BODY COMBAT™</b> 3* Mel Mind & Body	08.20 - 09.05 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	<b>NEW</b> 08.05 - 08.50 <b>PILATES FOR ALL</b> 3* Mark Mind & Body	09.10 - 10.10 <b>BODY COMBAT™</b> 3* Stuart Dance Studio
08.45 - 09.15 <b>ABS, CORE &amp; MORE</b> 3* Helen Mind & Body	09.15 - 10.00 <b>BODY COMBAT™</b> 3* Sean Mind & Body	09.15 - 10.00 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	09.15 - 10.00 <b>GROUP CYCLE</b> 3* Sean Cycle Studio	09.15 - 10.00 <b>GROUP CYCLE</b> 3* Nicci Cycle Studio	08.10 - 08.55 <b>GROUP CYCLE</b> 3* Sean Cycle Studio	09.15 - 10.15 <b>TRI TRAINING</b> 3* Claire Main Pool
09.15 - 10.00 <b>BODY COMBAT™</b> 3* Helen Mind & Body	10.00 - 10.45 <b>AQUA</b> 3* Peak   3* Jo Main Pool	09.15 - 10.15 <b>BODY ATTACK™</b> 3* Helen Mind & Body	10.05 - 11.00 <b>YOGA FOR ALL</b> 3* Emma Mind & Body	09.15 - 10.00 <b>FIGHT CLUB</b> 3* Sean Mind & Body	09.10 - 10.00 <b>BOOT CAMP</b> 3* Sean Dance Studio	09.15 - 10.05 <b>BODY JAM™</b> 3* Helen Mind & Body
09.15 - 10.00 <b>GROUP CYCLE</b> 3* Sean Cycle Studio	10.05 - 10.35 <b>BODY JAM™</b> 3* Helen Mind & Body	09.30 - 10.15 <b>AQUA</b> 3* Peak   3* Lynsey Main Pool	10.10 - 11.00 <b>STEP FOR ALL</b> 3* Mel Dance Studio	09.30 - 10.15 <b>AQUA</b> 3* Peak   3* Lynsey Main Pool	08.55 - 09.40 <b>SH'BAM™</b> 3* Kealy Mind & Body	09.15 - 10.00 <b>GROUP CYCLE</b> 3* Aimee Cycle Studio
10.05 - 11.00 <b>YOGA FOR ALL</b> 3* Emma Mind & Body	10.35 - 11.05 <b>LES MILLS BARRE™</b> 3* Helen Mind & Body	10.10 - 11.00 <b>B.L.T.</b> 3* Lucy Dance Studio	10.05 - 10.50 <b>GROUP CYCLE (NO SCREENS)</b> 3* Sean Cycle Studio	10.10 - 10.55 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	09.00 - 09.45 <b>GROUP CYCLE</b> 3* Aimee Cycle Studio	10.10 - 11.10 <b>BODY PUMP™</b> 3* Kelly Dance Studio
10.05 - 10.50 <b>GROUP CYCLE (NO SCREENS)</b> 3* Sean Cycle Studio	10.10 - 11.00 <b>HI-LO WORKOUT</b> 3* Nicci Dance Studio	10.15 - 11.00 <b>BODY JAM™</b> 3* Helen Mind & Body	11.05 - 11.50 <b>BODY PUMP™</b> 3* Sean Dance Studio	10.10 - 11.00 <b>AEROTONE</b> 3* Nicci Dance Studio	09.40 - 10.10 <b>LES MILLS BARRE™</b> 3* Kealy Mind & Body	10.15 - 11.00 <b>FTP TEST (First Sunday each month)</b> 3* Steve Cycle Studio
10.10 - 11.00 <b>AEROTONE</b> 3* Lucy Dance Studio	10.05 - 10.50 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	11.00 - 11.45 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	<b>NEW</b> 11.05 - 11.50 <b>PILATES FOR ALL</b> 3* Corrine Mind & Body	11.00 - 11.45 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	10.05 - 11.05 <b>BODY ATTACK™</b> 3* Sean Dance Studio	10.15 - 11.00 <b>PILATES FOR ALL</b> 3* Corinne Mind & Body
10.30 - 11.15 <b>AQUA</b> 3* Peak   3* Kealy Main Pool	11.05 - 11.50 <b>PILATES FOR ALL</b> 3* Helen Mind & Body	11.05 - 11.50 <b>BODY PUMP™</b> 3* Lucy Dance Studio	11.55 - 12.40 <b>YOGA FOR ALL</b> 3* Emma Mind & Body	11.05 - 11.35 <b>ABS BLAST</b> 3* Nicci Dance Studio	10.15 - 11.00 <b>DANCE MIX</b> 3* Kealy Mind & Body	11.00 - 12.00 <b>BODY BALANCE™</b> 3* Corinne Mind & Body
11.05 - 11.50 <b>BODY PUMP™</b> 3* Sean Dance Studio	11.05 - 11.50 <b>BODY PUMP™</b> 3* Nicci Dance Studio	11.45 - 12.30 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	12.45 - 13.45 <b>ZUMBA® GOLD</b> 3* Kelly Mind & Body	11.55 - 12.55 <b>YOGA FOR ALL</b> 3* Emma Mind & Body	11.15 - 12.00 <b>BODY PUMP™</b> 3* Sean Dance Studio	12.00 - 16.00 <b>ADULT &amp; TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym
11.05 - 11.50 <b>ABS, CORE &amp; MORE</b> 3* Lucy Mind & Body	12.00 - 12.45 <b>ZUMBA® GOLD</b> 3* Kelly Dance Studio	12.00 - 12.45 <b>ZUMBA® GOLD</b> 3* Kealy Dance Studio	13.45 - 14.30 <b>MATURE STRETCH</b> 3* Kelly Mind & Body	12.00 - 13.00 <b>ZUMBA® GOLD</b> 3* Kealy Dance Studio	11.30 - 12.30 <b>TRI TRAINING</b> 3* Poppy Main Pool	<b>NEW</b> 17.00 - 17.45 <b>DANCE MIX</b> 3* Mark Dance Studio
12.00 - 12.45 <b>ZUMBA® GOLD</b> 3* Kelly Dance Studio	11.50 - 12.35 <b>PILATES FOR ALL</b> 3* Helen Mind & Body	14.00 - 14.45 <b>AQUA</b> 3* Off Peak   3* Grace Main Pool	16.00 - 18.00 <b>TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	13.00 - 14.00 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	12.00 - 16.00 <b>ADULT &amp; TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	<b>NEW</b> 17.55 - 18.40 <b>BODY PUMP™</b> 3* Mark Dance Studio
12.00 - 12.45 <b>GENTLE PILATES</b> 3* Michaela Mind & Body	12.45 - 13.45 <b>MATURE STRETCH</b> 3* Kelly Mind & Body	16.00 - 18.00 <b>TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	16.15 - 17.00 (term time only) <b>KIDS FIT CIRCUITS</b> 3* Helen Dance Studio	16.00 - 18.00 <b>TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	<b>NEW</b> 18.45 - 19.30 <b>BODY BALANCE™</b> 3* Mark Dance Studio	
12.45 - 13.30 <b>ZUMBA® GOLD TONING</b> 3* Kelly Dance Studio	16.00 - 18.00 <b>TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	17.00 - 17.50 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	17.15 - 18.00 <b>INSANITY®</b> 3* Sean Mind & Body	17.30 - 18.15 <b>GROUP CYCLE</b> 3* Helen Dance Studio		
12.45 - 13.30 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	16.30 - 17.00 (term time only) <b>TEEN GROUP CYCLE</b> 3* Nicci Cycle Studio	17.15 - 18.00 <b>BODY PUMP™</b> 3* Corinne Dance Studio	17.30 - 18.15 <b>BODY PUMP™</b> 3* Lucy Dance Studio	17.30 - 18.15 <b>PILATES FOR ALL</b> 3* Helen Dance Studio		
13.30 - 14.15 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	17.15 - 18.00 <b>GROUP CYCLE</b> 3* Nicci Cycle Studio	17.15 - 18.00 <b>GROUP CYCLE (NO SCREENS)</b> 3* Sean Cycle Studio	18.05 - 18.50 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	17.30 - 18.15 <b>HIT THE CIRCUIT</b> 3* Sean Mind & Body		
16.00 - 18.00 <b>TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	17.30 - 18.15 <b>FIGHT CLUB</b> 3* Sean Mind & Body	17.50 - 18.40 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	18.20 - 19.15 <b>BODY COMBAT™</b> 3* Helen Dance Studio	18.15 - 19.00 <b>PILATES FOR ALL</b> 3* Helen Dance Studio		
16.15 - 17.00 (term time only) <b>KIDS FIT CIRCUITS</b> 3* Age 5 - 11 - 3* Helen Dance Studio	17.30 - 18.15 <b>ZUMBA®</b> 3* Kelly Dance Studio	18.00 - 18.45 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	18.25 - 19.10 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	18.15 - 19.00 <b>FIGHT CLUB</b> 3* Sean Mind & Body		
17.15 - 18.00 <b>15/15/15</b> 3* Lucy Dance Studio	18.05 - 18.45 <b>GROUP CYCLE</b> 3* Corinne Cycle Studio	18.05 - 18.50 <b>BODY ATTACK™</b> 3* Sean Dance Studio	18.50 - 19.35 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	19.15 - 20.15 <b>BODY PUMP™</b> 3* Sean Dance Studio		
17.15 - 18.10 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	18.15 - 19.15 <b>PILATES FOR ALL</b> 3* Sean Mind & Body	18.15 - 19.00 <b>DEEP AQUA</b> 3* Off Peak   3* Corinne Main Pool	<b>NEW</b> 19.15 - 20.00 <b>BODY JAM™</b> 3* Helen Dance Studio	19.15 - 20.00 <b>BODY BALANCE™</b> 3* Helen Mind & Body		
17.50 - 18.35 <b>GROUP CYCLE</b> 3* Corinne Cycle Studio	18.15 - 19.15 <b>BODY PUMP™</b> 3* Kelly Dance Studio	18.40 - 19.30 <b>VINYASA YOGA</b> 3* Nikki Mind & Body	19.15 - 20.00 <b>GROUP CYCLE</b> 3* Barrie Cycle Studio			
18.00 - 19.00 <b>RUNNING CLUB</b> 3* Beginners Class Instructor Reception	19.00 - 19.45 <b>AQUA STEP</b> 3* Off Peak   3* Jo Main Pool	19.00 - 20.00 <b>BODY COMBAT™</b> 3* Sean Dance Studio	19.35 - 20.20 <b>VINYASA YOGA</b> 3* Advanced Class Nikki Mind & Body			
18.05 - 18.50 <b>BODY JAM™</b> 3* Helen Dance Studio	19.00 - 19.45 <b>DEEP AQUA</b> 3* Off Peak   3* Corinne Main Pool	<b>NEW</b> 19.45 - 20.30 <b>PILATES FOR ALL</b> 3* Kealy Mind & Body	<b>NEW</b> 20.00 - 20.45 <b>LES MILLS BARRE™</b> 3* Helen Dance Studio			
18.10 - 19.05 <b>VINYASA YOGA</b> 3* Nikki Mind & Body	19.15 - 20.00 <b>HIT THE CIRCUIT</b> 3* Sean Mind & Body	20.00 - 20.45 <b>BODY PUMP™</b> 3* Sean Dance Studio				
18.45 - 19.30 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	19.15 - 20.00 <b>SH'BAM™</b> 3* Kealy Dance Studio	<b>NEW</b> 20.30 - 21.15 <b>PILATES FOR ALL</b> 3* Kealy Mind & Body				
18.50 - 19.50 <b>BODY PUMP™</b> 3* Corinne Dance Studio	19.45 - 20.30 <b>AQUA</b> 3* Off Peak   3* Jo Main Pool					
19.15 - 20.00 <b>BOX FIT</b> 3* Nicci Mind & Body	20.05 - 20.50 <b>LES MILLS BARRE™</b> 3* Kealy Dance Studio					
20.05 - 21.50 <b>BODY COMBAT™</b> 3* Nicci Dance Studio	20.05 - 21.05 <b>YOGA FOR BACKS</b> 3* Monica Mind & Body					
20.30 - 21.15 <b>BODY BALANCE™</b> 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.

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.

Our promise to you is that if we fail to give you two hours notice of a class cancellation, all bookings impacted will receive a free additional strike on to their current strike balance. All members will be given 3 "strikes" that will be automatically removed each time a late cancellation occurs for up to 3 instances during a 12 month period. We feel that this should be sufficient for those times when there is no opportunity to cancel a booking within the time frames of our policy because of a genuine emergency. Strikes cannot be used against class no shows and a full member rate will be applied.

If a booking needs to be cancelled you must give notice to avoid a charge.

**Over 2 hours notice:** classes must be cancelled more than 2 hours before the class start time to avoid a charge.

**Under 2 hours notice:** classes cancelled within 2 hours of the start time will be charged at 50% of the non-member rate.

**No notification/ no show:** no shows will be charged at the full non-member class rate.

Please ensure you confirm your attendance for each class by swiping in at reception ahead of the class.

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