

# SEPTEMBER - DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15 <b>GROUP CYCLE</b> 45 mins · 3* Aimee Cycle Studio	06.30 - 07.30 <b>BODY PUMP™</b> 60 mins · 3* Sarah / Alex Dance Studio	06.30 - 07.15 <b>GROUP CYCLE</b> 45 mins · 3* Dan Cycle Studio	06.30 - 07.15 <b>GROUP CYCLE</b> 45 mins · 3* Aimee Cycle Studio	<b>NEW</b> 06.30 - 07.30 <b>BODY PUMP™</b> 60 mins · 3* Sarah / Alex Dance Studio	07.15 - 08.00 <b>BODY BALANCE™</b> 45 mins · 3* Sarah Dance Studio	08.10 - 08.55 <b>BODY PUMP™</b> 45 mins · 3* Naomi Dance Studio
07.15 - 08.00 <b>BIG RIG WORKOUT</b> 45 mins · 3* Aimee Gym Functional Area	07.15 - 08.15 <b>WAKE UP TO YOGA</b> 60 mins · 3* Monica Mind & Body	<b>NEW</b> 07.15 - 08:00 <b>ABS, CORE &amp; MORE</b> 45 mins · 3* Dan Mind & Body	07.15 - 08.15 <b>WAKE UP TO YOGA</b> 60 mins · 3* Monica Mind & Body	09.15 - 10.00 <b>YOGA FOR ALL</b> 45 mins · 3* Nikki Mind & Body	07.25 - 08.10 <b>PILATES FOR ALL</b> 45 mins · 3* Fran Mind & Body	08.30 - 09.15 <b>GROUP CYCLE</b> 45 mins · 3* Lucy Cycle Studio
09.15 - 10.00 <b>BODY BALANCE™</b> 45 mins · 3* Aimee Mind & Body	09.15 - 10.00 <b>BODY BALANCE™</b> 45 mins · 3* Aimee Mind & Body	09.15 - 10.00 <b>BODY BALANCE™</b> 45 mins · 3* Kealy Mind & Body	09.00 - 10.00 <b>GENTLE YOGA</b> 60 mins · 3* Liz Mind & Body	10.05 - 11.05 <b>HI-LO WORKOUT</b> 60 mins · 3* Fran Dance Studio	08.10 - 09.10 <b>TAI CHI</b> 60 mins · 3* Christine Party Room	08.30 - 09.15 <b>PILATES FOR ALL</b> 45 mins · 3* Fran Mind & Body
10.05 - 11.05 <b>HI-LO WORKOUT</b> 60 mins · 3* Fran Dance Studio	10.05 - 11.05 <b>YOGA FOR ALL</b> 60 mins · 3* Liz Mind & Body	<b>NEW</b> 09:20 - 10.05 <b>BODY COMBAT™</b> 45 mins · 3* Nicci Dance Studio	10.05 - 11.05 <b>YOGA FOR ALL</b> 60 mins · 3* Jo Mind & Body	10.05 - 10.50 <b>GROUP CYCLE</b> 45 mins · 3* Nicole Cycle Studio	08.10 - 08.55 <b>BODY PUMP™</b> 45 mins · 3* Naomi Dance Studio	09.00 - 09.30 <b>LES MILLS BARRE™</b> 30 mins · 3* Kealy Dance Studio
10.05 - 10.50 <b>GROUP CYCLE</b> 45 mins · 3* Aimee Cycle Studio	10.05 - 11.05 <b>ZUMBA®</b> 60 mins · 3* Lissa Dance Studio	10.05 - 10.55 <b>YOGA FOR ALL</b> 50 mins · 3* Nikki Mind & Body	10.05 - 10.50 <b>GROUP CYCLE</b> 45 mins · 3* Fran Cycle Studio	10.05 - 11.05 <b>YOGA FOR ALL</b> 60 mins · 3* Nikki Mind & Body	08.15 - 09.00 <b>BODY ATTACK</b> 45 mins · 3* Alex Mind & Body	09.20 - 10.05 <b>GROUP CYCLE</b> 45 mins Lucy Cycle Studio
10.05 - 11.05 <b>GENTLE YOGA</b> 60 mins · 3* Liz Mind & Body	10.05 - 10.50 <b>GROUP CYCLE</b> 45 mins · 3* Fran Cycle Studio	10.10 - 10.55 <b>GROUP CYCLE</b> 45 mins · 3* Nikki Cycle Studio	10.05 - 11.00 <b>ZUMBA</b> 55 mins · 3* Kealy Dance Studio	11.05 - 12.05 <b>VINYASA YOGA</b> 60 mins · 3* Nikki Mind & Body	08.20 - 09.05 <b>GROUP CYCLE</b> 45 mins · 3* Fran Cycle Studio	09.30 - 10.15 <b>SH'BAM™</b> 45 mins · 3* Kealy Dance Studio
11.05 - 12.05 <b>YOGA FOR ALL</b> 60 mins · 3* Liz Mind & Body	10.15 - 11.00 <b>AQUA</b> Peak   45 mins · 3* Lynsey Main Pool	10.10 - 11.10 <b>BODY PUMP™</b> 60 mins · 3* Dan Dance Studio	10.15 - 11.00 <b>WATERWORKS</b> Peak   45 mins · 3* Dan Main Pool	11.15 - 12.00 <b>PILATES FOR ALL</b> 45 mins · 3* Maria Dance Studio	09.05 - 09.35 <b>KIDS STREET DANCE 3 - 4</b> 30 mins · 3* Maria Mind & Body	09.15 - 10.00 <b>PILATES FOR ALL</b> 45 mins · 3* Fran Mind & Body
11.15 - 12.00 <b>PILATES FOR ALL</b> 45 mins · 3* Fran Dance Studio	11.15 - 12.00 <b>BODY PUMP™</b> 45 mins · 3* Lissa Dance Studio	10.55 - 11.45 <b>YOGA FOR ALL</b> 50 mins · 3* Kealy Mind & Body	11.10 - 11.55 <b>BODY BALANCE™</b> 45 mins · 3* David Mind & Body	11.15 - 12.00 <b>BIG RIG WORKOUT</b> 45 mins · 3* Dan Gym Functional Area	09.05 - 10.05 <b>BODY COMBAT™</b> 60 mins Alex Dance Studio	10.10 - 11.10 <b>BODY BALANCE™</b> 60 mins · 3* Lucy Mind & Body
11.15 - 12.00 <b>BIG RIG WORKOUT</b> 45 mins Dan Gym Functional Area	11.15 - 12.00 <b>ABS, CORE &amp; MORE</b> 45 mins · 3* Fran Mind & Body	11.45 - 12.35 <b>VINYASA YOGA</b> 50 mins · 3* Nikki Mind & Body	11.15 - 12.00 <b>BODY PUMP™</b> 45 mins · 3* Fran Dance Studio	12.30 - 13.15 <b>DEEP AQUA</b> Peak   45 mins · 3* Dan Main Pool	09.15 - 10.00 <b>GROUP CYCLE</b> 45 mins · 3* Zoe Cycle Studio	10.15 - 11.15 <b>BODY PUMP™</b> 60 mins Fran Dance Studio
12.15 - 13.00 <b>AQUA</b> Off Peak   45 mins · 3* Grace Main Pool	12.15 - 13.15 <b>YOGA FOR ALL</b> 45 mins · 3* Jane Mind & Body	11.15 - 12.00 <b>PILATES FOR ALL</b> 45 mins · 3* Fran Dance Studio	12.30 - 13.15 <b>DEEP AQUA</b> Peak   45 mins · 3* Dan Main Pool	12.30 - 13.15 <b>GENTLE PILATES</b> 45 mins · 3* Helen Mind & Body	09.05 - 10.05 <b>CHI BALL</b> 60 mins · 3* Dianne Party Room	10.15 - 11.00 <b>FTP TEST (Last Sunday each month)</b> 45 mins Steve Cycle Studio
12.30 - 13.15 <b>GENTLE PILATES</b> 45 mins · 3* Helen Mind & Body	12.30 - 13.15 <b>DEEP AQUA</b> Peak   45 mins · 3* Dan Main Pool	11.15 - 12.00 <b>BIG RIG WORKOUT</b> 45 mins Dan Gym Functional Area	15.30 - 17.30 <b>TEEN TRAINING</b> 120 mins · 3* Gym Instructor Main Gym	15.30 - 17.30 <b>TEEN TRAINING</b> 120 mins · 3* Gym Instructor Main Gym	09.40 - 10.25 <b>KIDS STREET DANCE 5 - 7</b> 45 mins · 3* Maria Mind & Body	12.00 - 16.00 <b>ADULT &amp; TEEN TRAINING</b> 240 mins · 3* Age 12+ Main Gym
13.30 - 14.30 <b>GENTLE WORKOUT</b> 60 mins · 3* Sandy Mind & Body	15.30 - 17.30 <b>TEEN TRAINING</b> 120 mins · 3* Gym Instructor Main Gym	12.45 - 13.30 <b>GENTLE PILATES</b> 45 mins · 3* Helen Mind & Body	16.30 - 17.15 <b>KIDS YOGA 8 - 12</b> Term Time · 45 mins · 3* Jess Mind & Body	17.30 - 18.30 <b>BODY PUMP™</b> 60 mins · 3* Pip Dance Studio	<b>NEW</b> 10.05 - 11.00 <b>BODY PUMP™</b> 55 mins Nicole Dance Studio	17.30 - 18.30 <b>BODY COMBAT™</b> 60 mins · 3* Pip Dance Studio
15.30 - 17.30 <b>TEEN TRAINING</b> 120 mins · 3* Gym Instructor Main Gym	16.30 - 17.15 <b>KIDS YOGA 8 - 12</b> Term Time · 45 mins · 3* Jess Mind & Body	13.35 - 14.35 <b>GENTLE WORKOUT</b> 60 mins · 3* Sandy Mind & Body	17.15 - 18.15 <b>BODY PUMP™</b> 60 mins · 3* Lissa Dance Studio	17.30 - 18.15 <b>FIGHT CLUB</b> 45 mins · 3* Alex Mind & Body	10.25 - 11.10 <b>KIDS STREET DANCE 8 - 11</b> 45 mins · 3* Maria Mind & Body	17.50 - 18.50 <b>YOGA FOR ALL</b> 60 mins · 3* Emma Mind & Body
17.00 - 17.30 <b>FIGHT CLUB</b> 30 mins · 3* Alex Dance Studio	17.15 - 18.15 <b>BODY PUMP™</b> 60 mins Gaby Dance Studio	15.30 - 17.30 <b>TEEN TRAINING</b> 120 mins · 3* Gym Instructor Main Gym	18.15 - 19.10 <b>BODY BALANCE™</b> 55 mins Marck Mind & Body	18.15 - 19.00 <b>BIG RIG WORKOUT</b> 45 mins Marck Gym Functional Area	11.00 - 13.00 <b>TEEN TRAINING</b> 120 mins · 3* Gym Instructor Main Gym	18.30 - 19.15 <b>LES MILLS BARRE™</b> 45 mins · 3* Pip Dance Studio
<b>NEW</b> 17.30 - 18.15 <b>BODY COMBAT™</b> 45 mins Alex Dance Studio	17.40 - 18.25 <b>GROUP CYCLE</b> No screens 45 mins · 3* Robin Cycle Studio	17.30 - 18.25 <b>YOGA FOR ALL</b> 55 mins · 3* Lissa Mind & Body	18.15 - 19.10 <b>ZUMBA®</b> 55 mins · 3* Alex Dance Studio	<b>NEW</b> 18.25 - 19.25 <b>YOGA FOR ALL</b> 60 mins Alex Mind & Body	11.15 - 12.00 <b>BIG RIG WORKOUT</b> 45 mins Alex Gym Functional Area	18.50 - 19.50 <b>YIN YOGA</b> 60 mins · 3* Emma Mind & Body
<b>NEW</b> 17.30 - 18.15 <b>ABS, CORE &amp; MORE</b> 45 mins · 3* Kealy Mind & Body	17.30 - 18.15 <b>BODY BALANCE™</b> 45 mins · 3* Kealy Mind & Body	17.40 - 18.25 <b>GROUP CYCLE</b> No screens 45 mins · 3* Aimee Cycle Studio	18.15 - 19.00 <b>GROUP CYCLE</b> 45 mins Zoe Cycle Studio	18.30 - 19.15 <b>BODY COMBAT™</b> 45 mins · 3* Pip Dance Studio	12.00 - 16.00 <b>ADULT &amp; TEEN TRAINING</b> 240 mins · 3* Age 12+ Main Gym	19.15 - 20.00 <b>DEEP AQUA</b> Off Peak   45 mins · 3* Liz Main Pool
18.15 - 19.00 <b>STRICTLY DANCE AEROBICS</b> 45 mins Lissa Mind & Body	18.15 - 19.15 <b>BODY COMBAT™</b> 60 mins Alex Dance Studio	<b>NEW</b> 18.15 - 19.00 <b>DANCE MIX</b> 45 mins Mark Dance Studio	19.00 - 20.00 <b>TAI CHI</b> 60 mins · 3* Party Room	19.25 - 20.25 <b>YOGA FOR ALL</b> 60 mins · 3* Robin Mind & Body		
18.15 - 19.00 <b>PILATES FOR ALL</b> 45 mins Fran Dance Studio	18.20 - 19.05 <b>PILATES FOR ALL</b> 45 mins Fran Mind & Body	18.30 - 19.15 <b>ABS, CORE &amp; MORE</b> 45 mins Aimee Mind & Body	<b>NEW</b> 19.15 - 20.15 <b>BODY COMBAT™</b> 60 mins Gabbie Dance Studio			
18.15 - 19.00 <b>GROUP CYCLE</b> 45 mins Steve Cycle Studio	18.25 - 19.10 <b>GROUP CYCLE</b> 45 mins Sarah Cycle Studio	19.00 - 19.55 <b>BODY ATTACK™</b> 55 mins Mark Dance Studio	<b>NEW</b> 19.15 - 20.00 <b>ABS, CORE &amp; MORE</b> 45 mins · 3* Alex Mind & Body			
19.10 - 20.05 <b>STEP FOR ALL</b> 45 mins Aimee Dance Studio	19.15 - 20.15 <b>B.L.T.</b> 60 mins Lissa Dance Studio	19.20 - 20.20 <b>YOGA FOR ALL</b> 60 mins Jane Mind & Body	19.15 - 20.00 <b>BIG RIG WORKOUT</b> 45 mins Tayler Gym Functional Area			
19.00 - 19.45 <b>BODY BALANCE™</b> 45 mins Naomi Mind & Body	19.15 - 20.05 <b>MONSTER CIRCUITS</b> 50 mins · 3* Fran Sports Hall	19.15 - 20.00 <b>BIG RIG WORKOUT</b> 45 mins Fran Gym Functional Area	20.15 - 21.15 <b>YOGA FOR ALL</b> 60 mins · 3* Annette Mind & Body			
19.10 - 19.55 <b>GROUP CYCLE</b> 45 mins Fran Cycle Studio	19.15 - 20.00 <b>LES MILLS BARRE™</b> 45 mins · 3* Pip Mind & Body	20.00 - 20.45 <b>BODY PUMP™</b> 45 mins Mark Dance Studio	<b>NEW</b> 20.15 - 21:00 <b>BODY PUMP™</b> 45 mins · 3* Gabbie Dance Studio			
19.15 - 20.00 <b>BIG RIG WORKOUT</b> 45 mins David Gym Functional Area	19.15 - 20.00 <b>BIG RIG WORKOUT</b> 45 mins David Gym Functional Area	20.20 - 21.20 <b>YOGA FOR ALL</b> 60 mins · 3* Jane Mind & Body				
19.50 - 20.40 <b>VINYASA YOGA</b> 50 mins Nikki Mind & Body	20.00 - 20.45 <b>WATERWORKS</b> Off Peak   45 mins · 3* Dan Main Pool					
20.05 - 20.50 <b>BODY PUMP™</b> 45 mins Steve Dance Studio	<b>NEW</b> 20.00 - 20.45 <b>DEEP AQUA</b> Off Peak   45 mins · 3* Karen Main Pool					
20.40 - 21.30 <b>YOGA FOR ALL</b> 50 mins · 3* Nikki Mind & Body	20.05 - 20.50 <b>PILATES FOR ALL</b> 45 mins Pip Mind & Body					
	<b>NEW</b> 20.15 - 21.00 <b>BODY JAM™</b> 45 mins · 3* Tamina Dance Studio					

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

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.