









# JANUARY - APRIL 2020

## THE BAY SPORTS STUDIOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45 - 18.30 <b>B.L.T.</b> 3* Aimee Studio	18.00 - 18.45 <b>BODY COMBAT™</b> 3* Gabbie Studio	<b>NEW</b> 17.45 - 18.30 <b>DANCE MIX</b> 3* Mark Studio	<b>NEW</b> 17.45 - 18.40 <b>YOGA FOR ALL</b> 3* Mark Studio		<b>NEW</b> 08.30 - 09.15 <b>PILATES FOR ALL</b> 3* Helen Studio	
<b>NEW</b> 18.30 - 19.15 <b>BALLET FIT</b> 3* Roberta Studio	18.45 - 19.30 <b>BODY ATTACK™</b> 3* Gabbie Studio	 18.35 - 19.25 <b>BODY COMBAT™</b> 3* Stuart Studio	<b>NEW</b> 18.45 - 19.30 <b>DANCE MIX</b> 3* Mark Studio 2		09.15 - 10.00 <b>BODY ATTACK™</b> 3* Helen Studio	
<b>NEW</b> 19.15 - 20.00 <b>DANCE MIX</b> 3* Roberta Studio	19.30 - 20.15 <b>BODY BALANCE™</b> 3* Gabbie Studio	 19.35 - 20.25 <b>YOGA FOR ALL</b> 3* Annette Studio	<b>NEW</b> 19.35 - 20.20 <b>BODY BALANCE™</b> 3* Mark Studio		10.00 - 10.45 <b>BODY BALANCE™</b> 3* Helen Studio	
20.05 - 21.05 <b>TAI CHI</b> 3* Sue Studio 2			 19.35 - 20.30 <b>THERAPY PILATES</b> 3* Lissa Studio 2			
20.10 - 21.10 <b>THERAPY PILATES</b> 3* Carol Studio						

**Bay Studio Monthly Membership**  
We have also created a special membership for Bay Studio customers:  
For just **£30.00 per month**, Bay Studio membership will include unlimited free access to all fitness classes at the Bay Sports Studios and 4\* membership benefits and prices at all other Active Life centres.

-  Energetic workouts to burn calories & raise heart rate
-  Strength, core stability, flexibility, relax & energise
-  Combination of energetic workout & muscular strength & endurance
-  Dance or martial arts
-  Gentle Workouts

 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.

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

### Members

**Over 4 hours notice:** class cancellations are free of charge.

**Under 4 hours notice:** classes cancelled within 4 hours of the start time will be charged £2.50 per class cancellation.

**No notification/ no show:** no shows will be charged £5.00 per class cancellation.

### Non-Members

**Over 4 hours notice:** The fee paid for class booking can be carried over to the following week.

**Under 4 hours notice/ No notification or no show:** The fee paid for class booking will be lost.

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.

**Any charge allocated will immediately affect access to booking/centre access so prompt payment is advised.** This can be done either at reception or by phoning the centre. Or if you have an online account, you can pay via the booking portal on our website.

**Please note that the '3 strike' system and appeals process which is currently in place will not be running from 1st January 2020.**