

# JANUARY - APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15 - 07.00 <b>GROUP CYCLE</b> 3* Nicci Cycle Studio	06.30 - 07.15 <b>BODY PUMP</b> 3* Sean Dance Studio	06.30 - 07.15 <b>GROUP CYCLE</b> 3* Sean 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
<b>NEW</b> 07.10 - 07.55 <b>HIIT ABS</b> 3* Nicci Dance Studio	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>15/15/15</b> 3* Aimee Dance Studio	07.20 - 08.05 <b>BODY BALANCE™</b> 3* Lucy Mind & Body	<b>NEW</b> 07.10 - 08.05 <b>WAKE UP TO YOGA</b> 3* Mark Mind & Body	08.15 - 09.00 <b>BODY PUMP™</b> 3* Stuart Dance Studio
07.05 - 07.55 <b>WAKE UP TO YOGA</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
07.55 - 08.40 <b>YOGA FOR ALL</b> 3* Claire Mind & Body	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	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
08.00 - 08.45 <b>AEROTONE</b> 3* Nicci Dance Studio	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
08.45 - 09.15 <b>ABS, CORE &amp; MORE</b> 3* Helen Mind & Body	10.00 - 10.45 <b>AQUA</b> 3* Jo Peak   3* 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>BODY COMBAT™</b> 3* Helen Mind & Body	10.05 - 10.35 <b>BODY JAM™</b> 3* Helen Mind & Body	09.30 - 10.15 <b>AQUA</b> 3* Lynesey Peak   3* Main Pool	10.10 - 11.00 <b>STEP FOR ALL</b> 3* Mel Dance Studio	09.30 - 10.15 <b>AQUA</b> 3* Lynesey Peak   3* 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
09.15 - 10.00 <b>GROUP CYCLE</b> 3* Sean Cycle Studio	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 - 11.00 <b>YOGA FOR ALL</b> 3* Emma Mind & Body	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
10.05 - 10.50 <b>GROUP CYCLE (NO SCREENS)</b> 3* Sean Cycle 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	11.05 - 11.50 <b>PILATES FOR ALL</b> 3* Corrine Mind & Body	11.05 - 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
10.10 - 11.00 <b>AEROTONE</b> 3* Lucy Dance Studio	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	<b>NEW</b> 11.05 - 11.50 <b>HIIT ABS</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
<b>NEW</b> 10.30 - 11.15 <b>AQUA</b> 3* Mark Peak   3* Main Pool	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>BODY PUMP™</b> 3* Sean Dance Studio	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
11.05 - 11.50 <b>ABS, CORE &amp; MORE</b> 3* Lucy Mind & Body	11.50 - 12.35 <b>PILATES FOR ALL</b> 3* Helen Mind & Body	14.00 - 14.45 <b>AQUA</b> 3* Grace Off Peak   3* 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 - 18.50 <b>YOGA FOR ALL</b> 3* Mark Dance Studio
12.00 - 12.45 <b>ZUMBA® GOLD</b> 3* Kelly Dance Studio	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 Age 5 - 11 - 3* Dance Studio	16.00 - 18.00 <b>YOGA FOR ALL</b> 3* Lucy Dance Studio	16.00 - 18.00 <b>TEEN TRAINING</b> 3* Age 12+ - 3* Gym Instructor Gym	
12.00 - 12.45 <b>GENTLE PILATES</b> 3* Michaela Mind & Body	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	17.30 - 18.15 <b>BODY PUMP™</b> 3* Lucy Dance Studio	17.30 - 18.15 <b>GROUP CYCLE</b> 3* Karen Cycle Studio	17.30 - 18.15 <b>PILATES FOR ALL</b> 3* Helen Dance Studio	
12.45 - 13.30 <b>ZUMBA® GOLD TONING</b> 3* Kelly Dance Studio	<b>NEW</b> 16.45 - 17.15 (term time only) <b>TEEN GROUP CYCLE</b> 3* Nicci Cycle Studio	17.30 - 18.15 <b>BODY PUMP™</b> 3* Corinne Dance Studio	17.45 - 18.40 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	17.30 - 18.15 <b>PILATES FOR ALL</b> 3* Helen Mind & Body	17.30 - 18.15 <b>HIIT THE CIRCUIT</b> 3* Sean Mind & Body	
12.45 - 13.30 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	17.30 - 18.15 <b>GROUP CYCLE (NO SCREENS)</b> 3* Nicci Cycle Studio	17.30 - 18.15 <b>GROUP CYCLE (NO SCREENS)</b> 3* Sean Cycle Studio	18.15 - 19.15 <b>BODY COMBAT™</b> 3* Helen Dance Studio	18.15 - 19.00 <b>PILATES FOR ALL</b> 3* Helen Dance Studio	18.15 - 19.00 <b>PILATES FOR ALL</b> 3* Helen Dance Studio	
13.30 - 14.15 <b>PILATES FOR ALL</b> 3* Michaela Mind & Body	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	18.25 - 19.10 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	18.15 - 19.00 <b>PILATES FOR ALL</b> 3* Helen Dance Studio	18.15 - 19.00 <b>FIGHT CLUB</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>ZUMBA®</b> 3* Kelly Dance Studio	18.15 - 19.00 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	18.45 - 19.40 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	18.15 - 19.00 <b>FIGHT CLUB</b> 3* Sean Mind & Body	18.15 - 19.00 <b>FIGHT CLUB</b> 3* Sean Mind & Body	
16.15 - 17.00 (term time only) <b>KIDS FIT CIRCUITS</b> 3* Helen Age 5 - 11 - 3* Dance Studio	<b>NEW</b> 18.15 - 18.45 <b>GROUP CYCLE</b> 3* Nicci Cycle Studio	18.20 - 19.05 <b>BODY ATTACK™</b> 3* Sean Dance Studio	19.20 - 20.05 <b>BODY JAM™</b> 3* Helen Dance Studio	19.15 - 20.15 <b>BODY PUMP™</b> 3* Sean Dance Studio	19.15 - 20.15 <b>BODY PUMP™</b> 3* Sean Dance Studio	
17.15 - 18.00 <b>15/15/15</b> 3* Lucy Dance Studio	18.15 - 19.15 <b>PILATES FOR ALL</b> 3* Sean Mind & Body	18.30 - 19.15 <b>DEEP AQUA</b> 3* Corinne Off Peak   3* Main Pool	19.15 - 20.00 <b>GROUP CYCLE</b> 3* Barrie Cycle Studio	19.15 - 20.00 <b>BODY BALANCE™</b> 3* Helen Mind & Body	19.15 - 20.00 <b>BODY BALANCE™</b> 3* Helen Mind & Body	
17.15 - 18.10 <b>YOGA FOR ALL</b> 3* Nikki Mind & Body	18.15 - 19.15 <b>BODY PUMP™</b> 3* Kelly Dance Studio	18.40 - 19.30 <b>VINYASA YOGA</b> 3* Nikki Mind & Body	19.45 - 20.40 <b>VINYASA YOGA</b> 3* Advanced Class Nikki Mind & Body			
17.50 - 18.35 <b>GROUP CYCLE</b> 3* Corinne Cycle Studio	19.00 - 19.45 <b>AQUA STEP</b> 3* Jo Off Peak   3* Main Pool	19.10 - 20.05 <b>BODY COMBAT™</b> 3* Sean Dance Studio				
18.00 - 19.00 <b>RUNNING CLUB</b> 3* Beginners Class Instructor Reception	19.00 - 19.45 <b>DEEP AQUA</b> 3* Corinne Of Peak   3* Main Pool	<b>NEW</b> 19.35 - 20.20 <b>PILATES FOR ALL</b> 3* Corinne Mind & Body				
18.05 - 18.50 <b>BODY JAM™</b> 3* Helen Dance Studio	19.15 - 20.00 <b>HITT THE CIRCUIT</b> 3* Sean Mind & Body	20.10 - 20.55 <b>BODY PUMP™</b> 3* Sean Dance Studio				
18.10 - 19.05 <b>VINYASA YOGA</b> 3* Nikki Mind & Body	19.15 - 20.00 <b>SH'BAM™</b> 3* Kealy Dance Studio					
18.45 - 19.30 <b>GROUP CYCLE</b> 3* Lucy Cycle Studio	19.45 - 20.30 <b>AQUA</b> 3* Jo Off Peak   3* Main Pool					
18.50 - 19.50 <b>BODY PUMP™</b> 3* Corinne Dance Studio	20.05 - 20.50 <b>LES MILLS BARRE™</b> 3* Kealy Dance Studio					
19.15 - 20.00 <b>BOX FIT</b> 3* Nicci Mind & Body	20.05 - 21.05 <b>YOGA FOR BACKS</b> 3* Monica Mind & Body					
20.05 - 21.50 <b>BODY COMBAT™</b> 3* Nicci Dance Studio						
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

**NEW** 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 the charge via the booking portal on our website.