

Class Timetable

Monday

07.00 - 07.30	DB	Active SYNRGY 360	3
09.00 - 09.30	DB	Active SYNRGY 360	3
09.30 - 10.15	DB	Active Cycle	1
13.00 - 13.30	DB	Active SYNRGY 360	3
17.30 - 18.00	RM	Active Metafit	2
18.15 - 19.00	BW	Active Cycle	1
19.00 - 19.45	GP	Active Pump	2
19.00 - 19.45	BW	Active Body Conditioning	1
19.45 - 20.45	BW	Active Yoga	1
19.45 - 20.45	GP	Active Fitsteps	2

Tuesday

07.00 - 07.30	FT	Active SYNRGY 360	3
09.00 - 09.30	FT	Active SYNRGY 360	3
09.30 - 10.15	GP	Active Pump	2
10.15 - 11.00	GP	Active Balance	2
13.00 - 13.30	FT	Active SYNRGY 360	3
17.30 - 18.15	BW	Active Kettles	2
18.15 - 19.00	CW	Active Cycle	1
18.15 - 19.00	BW	Active Aerial Yoga	2
19.00 - 19.30	CW	Active Boot Camp	2
19.30 - 20.15	CW	Active Suspension	2

Wednesday

07.00 - 07.30	CW	Active SYNRGY 360	3
09.00 - 09.30	CW	Active SYNRGY 360	3
09.30 - 10.00	CW	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
13.00 - 13.30	CW	Active SYNRGY 360	3
17.30 - 18.15	HT	Active Club Classics	2
18.15 - 19.00	RM	Active Cycle	1
18.15 - 19.00	LS	Active Pilates	2
19.00 - 19.30	RM	Active Metafit	2
19.30 - 20.00	RM	Active Suspension	2

Thursday

07.00 - 07.30	CW	Active Cycle	1
09.00 - 09.30	CW	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
10.30 - 11.15	CW	Active Seated Exercise	1
11.30 - 12.30	CW	Strokeability	3
17.30 - 18.15	BW	Active Box n Burn	2
18.15 - 19.15	BW	Active Yoga	2
19.15 - 20.00	BW	Active Fitball Fusion	2
18.30 - 20.00	GB	Active Tai Chi	1

Friday

07.00 - 07.30	RM	Active Metafit	2
09.00 - 09.30	RM	Active SYNRGY 360	3
09.30 - 10.00	RM	Active SYNRGY 360	3
09.30 - 10.30	GP	Active Fitsteps	2
10.30 - 11.30	GP	Active Balance	2
13.00 - 13.30	RM	Active SYNRGY 360	3
17.30 - 18.00	FT	Active SYNRGY 360	3
18.00 - 18.45	FT	Active Circuits	2&3

Saturday

09.00 - 09.45	BW	Active Kettles	2
09.45 - 10.30	BW	Active Cycle	1
10.30 - 11.30	BW	Active Yoga	2

Sunday

09.30 - 10.00	FT	Active SYNRGY 360	3
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Graham Ball	GB	Fitness Team	FT
Danny Brewer	DB	Hayley Thompson	HT
Michelle Harding	MH	Gail Pope	GP
Ronnie Major	RM	Becky Womble	BW
Lynn Stevenson	LS	Chris Wood	CW

Fitness Studio	1
Activity Studio	2
Fitness Suite	3