

Monday

Times

09.00-09.20 Active C20 (HIIT)
 10.00-11.00 Active Pilates
 10.15-11.00 Active Core Fusion
 11.15-12.00 Active Box Fun
 11.15-12.00 Active Tai Chi
 12.30-13.15 Active Aqua
 18.00-18.45 Active Cycle
 19.00-19.45 Active Cycle
 18.00-18.45 Active Pump
 19.00-19.45 Active Clubbercise

Tuesday

Times

07.00-07.30 Active Cycle
 10.15-11.00 Active Lower Body Training
 11.15-12.00 Active Aquatic Cycling
 11.15-12.00 Active Fit ball
 13.30-14.30 GP Referral Group
 17.30-18.30 Active Zumba
 18.00-18.45 Active Box Fusion
 18.30-19.15 Active Cycle
 19.00-19.45 Active Circuits

Wednesday

Times

09.00-09.20 Active C20 (HIIT)
 09.00-10.20 Active Yoga Improver
 10.15-11.00 Active Pump
 10.15-11.00 Active Aquatic Cycling
 10.25-11.45 Active Yoga Beginner
 11.15-12.00 Active Aquatic Cycling
 18.15-19.00 Active Total Conditioning
 19.15-20.00 Active Lower Body Training
 19.00-19.45 Active Cycle

Thursday

Times

10.15-11.00 Active Body Conditioning
 10.15-11.00 Active Cycle
 11.30-12.15 Active Aqua
 18.00-18.45 Active Cycle
 18.00-18.45 Active Zumba
 19.15-20.00 Clubbercise
 19.15-20.15 Active Pilates

Friday

Times

09.00-09.20 Active C20 (HIIT)
 09.30-10.15 Active Hula
 9.30-10.30 Active Pilates
 10.20-11.05 Active Drum Fun
 11.00-11.45 Active LBT
 11.30-12.30 GP Referral Group
 17.40-19.00 Active Yoga
 18.15-19.00 Active Cycle
 19.15-20.00 Active Kettles

Saturday

Times

09.00-09.45 Active Cycle
 10.15-11.15 Active Zumba

Sunday

Times

09.00-09.45 Active Cycle