

Southwell Leisure Centre

2019 Edition

Monday

Times

08.00-08.20	Active X20 (HIIT)
09.00-09.20	Active C20 (HIIT)
10.00-11.00	Active Classic 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	Walking Netball
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

08.00-08.20	Active X20 (HIIT)
09.00-09.20	Active C20 (HIIT)
09.00-10.20	Active Hatha Yoga Improver
10:00-12:00	Activity Morning
10.15-11.00	Active Pump
10.15-11.00	Active Aquatic Cycling
10.25-11.45	Active Hatha Yoga Beginner
11.15-12.00	Active Aquatic Cycling
12:45-13:45	Active Fitness Pilates
14:00-14:45	Active Fit step
18.15-19.00	Active Total Conditioning
19.15-20.00	Active Lower Body Training

Thursday

Times

10.15-11.00	Active Body Conditioning
10.15-11.00	Active Cycle
11.30-12.15	Active Aqua
17:15-17:45	Active Box and Burn (HIIT)
18.00-18.45	Active Cycle
18.00-18.45	Active Zumba
19:15-20:00	Active Clubbercise
19.15-20.15	Active Classic Pilates

Friday

Times

08.00-08.20	Active X20 (HIIT)
09.00-09.20	Active C20 (HIIT)
09.30-10.15	Active Hula
9:30-10:30	Active Fitness Pilates
10.20-11.05	Active Drum Fun
11.00-11:45	Active Lower Body Training
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
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