

# Class Timetable

## Monday

07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.15	FT	Active Cycle	1
13.00 - 13.30	FT	Active Synrgy 360	3
15.30 - 17.30		Junior Gym	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 Synergy 360	3
15.30 - 17.30		Junior Gym	3
17.30 - 18.15	BW	Active Kettles	2
18.15 - 19.00	BW	Active Cycle	1
18.15 - 19.00	CW	Active Aerial Yoga	2
19.00 - 19.30	CW	Active Bootcamp	2
19.30 - 20.15	CW	Active Suspension	2

## Wednesday

07.00 - 07.30	FT	Active Synrgy 360	3
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.00	FT	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
13.00 - 13.30	FT	Active Synrgy 360	3
15.30 - 17.30		Junior Gym	3
17.30 - 18.15	HC	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	FT	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
15.30 - 17.30		Junior Gym	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

## Friday

07.00 - 07.30	RM	Active Metafit	2
09.00 - 09.30	FT	Active Synrgy 360	3
09.30 - 10.00	FT	Active Synrgy 360	3
09.30 - 10.30	GP	Active Fitsteps	2
10.30 - 11.30	GP	Active Balance	2
13.00 - 13.30	FT	Active Synrgy 360	3
15.30 - 17.30		Junior Gym	3
17.30 - 18.00	FT	Active Synrgy 360	3
18.00 - 18.45	FT	Active Circuits	2

## Saturday

09.00 - 09.45	BW	Active Kettles	2
09.45 - 10.30	BW	Active Cycle	1
10.00 - 15.00		Junior Gym	3
10.30 - 11.30	BW	Active Yoga	2

## Sunday

09.30 - 10.45	FT	Active 20/20/20 Bootcamp*	1&2
10.00 - 15.00		Junior Gym	3

Becky Womble	BW	Hayley Clarke	HC
Danny Brewer	DB	Kathy Smith	KS
Chris Wood	CW	Lyn Stevenson	LS
Fitness Team	FT	Michelle Harding	MH
Gail Pope	GP	Ronnie Major	RM

Fitness Studio	1
Activity Studio	2
Fitness Suite	3

\*6 WEEK PROGRAMME: 7<sup>TH</sup> JANUARY – 17<sup>TH</sup> FEBRUARY  
Timetable Version: BLC January 7<sup>th</sup> 2019