

Class Timetable

Monday

07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.15	JS	Active Box n' Burn	1
09.30 - 10.30	KS	Active 50+	3
11.00 - 11.45	KW	Active Dance Fit	1
12.00 - 12.45	RS	Active Pilates	1
13.00 - 14.00	JS	Otago	1
14.00 - 14.45	JS	Active Seated Exercise	1
17.30 - 18.15	JS	Active Cycle	2
17.30 - 18.15	KW	Active Dance Fit	1
18.00 - 18.30	FT	Active Synrgy 360	4
18.15 - 19.15	LS	Active Yoga	1
18.30 - 19.15	KW	Active Fitness Pilates	2
19.00 - 19.30	FT	Active Synrgy 360	4

Tuesday

07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.00	FT	Active Synrgy 360	4
09.30 - 10.00	KW	Active Cycle	2
10.00 - 10.30	KW	Active Body Conditioning	1
10.30 - 12.00	JE	Active Heart Fit	1
13.00 - 13.30	FT	Active Synrgy 360	4
17.30 - 18.15	DC	Active Kettles	1
18.15 - 19.00	LB	Active Pilates** (6wk trial)	1
19.00 - 21.00		Social Badminton	3
19.00 - 19.45	LB	Active Yoga** (6wk trial)	2

Wednesday

07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.15	JS	Active Body Conditioning	1
09.30 - 10.30	KS	Active 50+	3
17.30 - 18.15	JS	Active Kettles	1
18.00 - 18.30	FT	Active Synrgy 360	4
18.30 - 19.15	AO	Active Cycle	2
18.15 - 19.00	RS	Active Pilates	1
19.15 - 20.00	RS	Active Step Tone	1

Thursday

07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.00	FT	Active Synrgy 360	4
13.00 - 13.30	FT	Active Synrgy 360	4
17.30 - 18.00	JS	Active Cycle	2
17.30 - 18.15	RS	Active Fitball	1
18.00 - 18.30	JS	Active Metafit	3
18.15 - 18.45	FT	Active Synrgy 360	4
18.15 - 19.00	LS	Active Yoga	1

Friday

07.00 - 07.30	FT	Active Synrgy 360	4
09.30 - 10.00	FT	Active Synrgy 360	4
09.30 - 10.30	LS	Active 50+	3
10.45 - 11.45	LS	Active Balance	1
13.00 - 13.30	FT	Active Synrgy 360	4
17.30 - 18.30	HC	Active Club Classics	2
18.30 - 19.00	FT	Active Synrgy 360	4

Saturday

09.00 - 09.45	KW	Active Cycle	2
09.45 - 10.15	KW	Active Body Conditioning	1
10.30 - 11.00	FT	Active Synrgy 360	4

Sunday

09.30 - 10.45	FT	Active 20/20/20 Bootcamp* (6wk course)	1&2
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Hayley Clarke	HC	Kathy Smith	KS
Danny Brewer	DB	Rachel Stafford	RS
Liam Bagguley	LB	Lynn Stevenson	LS
James Ellard	JE	Fitness Team	FT
Adam Overland	AO	Katie Watson	KW
Jo Sage	JS	Dale Chapman	DC
Helen Jones	HJ		

Fitness Studio	1	Fitness Suite	4
Cycle Studio	2		
Sports Hall	3		

*6 WEEK PROGRAMME: 13TH JANUARY – 17TH FEBRUARY

** New class to trial for 6 weeks