

Class Timetable

Monday				Wednesday				Friday			
07.00 - 07.30	FT	Active Synrgy 360	3	07.00 - 07.30	FT	Active Synrgy 360	3	07.00 - 07.30	RM	Active Metafit	2
09.00 - 09.30	FT	Active HIITs	2&3	09.00 - 09.30	FT	Active Synrgy 360	3	09.00 - 09.30	FT	Active HIITs	2&3
09.30 - 10.15	FT	Active Cycle	1	09.30 - 10.00	FT	Active SYNRGY 360	3	09.30 - 10.00	FT	Active Synrgy 360	3
13.00 - 13.30	FT	Active Synrgy 360	3	09.30 - 10.15	MH	Active Body Conditioning	2	09.30 - 10.30	GP	Active Fitsteps	2
15.30 - 17.30		Junior Gym	3	13.00 - 13.30	FT	Active Synrgy 360	3	10.30 - 11.30	GP	Active Balance	2
17.30 - 18.00	RM	Active Metafit	2	15.30 - 17.30		Junior Gym	3	13.00 - 13.30	FT	Active Synrgy 360	3
18.15 - 19.00	BW	Active Cycle	1	17.30 - 18.15	HC	Active Club Classics	2	15.30 - 17.30		Junior Gym	3
19.00 - 19.45	GP	Active Pump	2	18.15 - 19.00	RM	Active Cycle	1	17.30 - 18.00	FT	Active Synrgy 360	3
19.00 - 19.45	BW	Active Body Conditioning	1	18.15 - 19.00	LS	Active Pilates	2	18.00 - 18.45	FT	Active Circuits	2
19.45 - 20.45	BW	Active Yoga	1	19.00 - 19.30	RM	Active Metafit	2				
19.45 - 20.45	GP	Active Fitsteps	2	19.30 - 20.00	RM	Active Suspension	2				
Tuesday				Thursday				Saturday			
07.00 - 07.30	FT	Active Synrgy 360	3	07.00 - 07.30	CW	Active Cycle	1	09.00 - 09.45	BW	Active Kettles	2
09.00 - 09.30	FT	Active Synrgy 360	3	09.00 - 09.30	FT	Active Synrgy with Core	3	09.45 - 10.30	BW	Active Cycle	1
09.30 - 10.15	GP	Active Pump	2	09.30 - 10.15	MH	Active Body Conditioning	2	10.00 - 15.00		Junior Gym	3
10.15 - 11.00	GP	Active Balance	2	10.30 - 11.15	CW	Active Seated Exercise	1	10.30 - 11.30	BW	Active Yoga	2
13.00 - 13.30	FT	Active Synrgy 360	3	11.30 - 12.30	CW	Strokeability	3				
15.30 - 17.30		Junior Gym	3	15.30 - 17.30		Junior Gym	3				
17.30 - 18.15	BW	Active Kettles	2	17.30 - 18.15	BW	Active Box n Burn	2				
18.15 - 19.00	CW	Active Cycle	1	18.15 - 19.15	BW	Active Yoga	2				
18.15 - 19.00	BW	Active Aerial Yoga	2	19.15 - 20.00	BW	Active Fitball Fusion	2				
19.00 - 19.30	CW	Active Abs Blast	2								
19.30 - 20.15	CW	Active Suspension	2								
								Sunday			
								09.30 - 10.30	FT	Active Bootcamp	2&3
								10.00 - 15.00		Junior Gym	3

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

Fitness Studio	1
Activity Studio	2
Fitness Suite	3