

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

Indoor Cycle  
0645-0730

Circuits  
0700-0745

Indoor Cycle  
0645-0730

Circuits  
0700-0745

Coach By Color®  
0645 - 0715

Yoga for  
Release  
0900-0945

BodyPump™  
0930-1015

Pump&Balance™  
Fusion  
0900-0945

BodyPump™  
0700-0730

BodyBalance™  
0930-1015

BodyPump™  
0700-0730

BodyPump™  
0930-1015

BodyBalance™  
1030-1115

Movement  
Matters Xtra  
1000-1100

Powerswim  
0715-0745

Chair Based  
Xtra  
1030-1115

Get Fit II  
0915-1000

Deep Water  
Aerobics  
1500-1545

Chair Based  
Exercise  
1030-1115

Yoga Align  
1130-1215

Get Fit II  
0915-1000

Movement  
Matters  
1045 - 1130

Get Fit  
0930-1015

Indoor Cycle  
Beginner  
1600-1630

Stretch & Flex  
1130-1215

Skills & Drills  
1245-1315

Get Fit  
0930-1015

Yoga For  
Strength  
1200-1245

Pure Stretch  
1015-1100

Aqua Aerobics  
1135 - 1220

BodyPump™  
1730-1815

Women's Only  
Circuits  
1045-1145

Walking Football  
1230-1400

Chair Based  
Exercise  
1030-1115

## SUNDAY

Masters  
Swimming  
1630-1730

Walking Football  
1230-1400

Indoor Cycle  
1745-1815

Mindful Yoga  
1200-1245

Aqua Fit Deep  
1650-1720

Stretch & Flex  
1130-1215

BodyPump™  
1730-1815

Zumba®  
1830-1915

Relaxation  
1300-1345

Coach By Color®  
1715-1800

Circuits  
1230-1315

Body Combat  
1830-1915

BodyBalance™  
1930-2015

Aqua Natal  
1740-1810

BodyPump™  
1830-1915

Skills & Drills  
1730-1800

Zumba  
1745-1830

Chair Based  
Xtra  
1730-1815

Pure Stretch  
1845-1930

Deep Water  
Aerobics  
1845-1930

Body Combat  
1845-1930

SCAN ME TO  
BOOK ONLINE



SCAN ME FOR  
CURRENT  
PROGRAMME  
CHANGES



### ActiveLife Booking & Cancellation Policy

ActiveLife members can book classes up to 14 days in advance, registered users can book up to seven days in advance. We operate a six hour cancellation policy. If you do not notify us of a cancellation at least six hours in advance, then you will be charged the full Pay "n" Play fee at your next visit. All Picky classes should be pre-booked online.