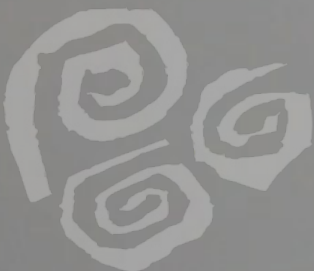


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycle 0645-0730	Circuits 0700-0745	Indoor Cycle 0645-0730	Circuits 0700-0745	Coach By Color® 0645 - 0715	BodyPump™ 0930-1015
BodyPump™ 0930-1015	Pump&Balance™ Fusion 0900-0945	BodyPump™ 0700-0730	BodyBalance™ 0930-1015	BodyPump™ 0700-0730	Yoga for Release 0915-1000
BodyBalance™ 1030-1115	Get Fit 1000-1045	Get Fit II 0915-1000	Movement Matters Extra 1045-1130	Get Fit 0930-1015	
Chair Based Exercise 1030-1115	Pure Stretch 1100-1145	Get Fit 0930-1015	Yoga Align/Strength 1200-1245	Chair Based Exercise 1030-1115	
Stretch & Flex 1130-1215	Indoor Cycle 1815-1845	Women's Circuits 1045-1145	Chair Based Xtra 1030-1115	Stretch & Flex 1130-1215	
Walking Football 1230-1400	Zumba® 1830-1915	Mindful Yoga 1200-1245	Walking Football 1230-1400	Circuits 1245-1330	
BodyPump™ 1730-1815	BodyBalance™ 1930-2015	Relaxation 1300-1345	BodyPump™ 1730-1815	BodyPump™ 1745-1830	
		Zumba® 1730-1815	Coach By Color® 1830-1915		
		Pure Stretch 1830-1915			



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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.