

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 0915-1000
Chair Based Exercise 0930-1015	Get Fit 0915-1000	BodyPump™ 0700-0730	Get Fit II 0915-1000	BodyPump™ 0700-0730	Boxercise 1315-1345
BodyBalance™ 1030-1115	Pure Stretch 1015-1100	Get Fit 0930-1015	Yoga for Alignment 0930-1015	Get Fit 0930-1015	
Stretch & Flex 1130-1215	Lift & Stretch 1230-1315	Women's Circuits 1045-1145	Chair Based Xtra 1030-1115	Chair Based Exercise 1030-1115	
Boxercise 1315-1345	Indoor Cycle 1815-1845	Mindful Yoga 1200-1245	Movement Matters Xtra 1045-1130	Stretch & Flex 1130-1215	
Walking Football 1230-1400	Zumba® 1800-1845	Relaxation 1300-1345	Yoga for Strength 1200-1245	Circuits 1300-1345	
BodyPump™ 1730-1815	BodyBalance™ 1900-1945	Zumba® 1730-1815	Walking Football 1230-1400	BodyPump™ 1745-1830	
		Pure Stretch 1830-1915	BodyPump™ 1730-1815		
			Coach By Color® 1830-1915		

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.

SCAN ME TO
BOOK ONLINE

