

**Monday**

**Times**

09.00-09.20 Active C20  
 10.00-11.00 Active Pilates  
 10.15-11.00 Active Core Blitz  
 11.15-12.00 Active Box Fusion  
 11.15-12.00 Active Tai Chi  
 12.30-13.15 Active Aqua  
 18.00-18.45 Active Cycle  
 19.00-19.45 Active Cycle

**Wednesday**

**Times**

09.00-09.20 Active C20  
 09.00-10.20 Active Yoga Improver  
 10.15-11.00 Active Pump  
 10.15-11.00 Active Aquatic Cycling  
 10.25-11.45 Active Yoga Beginner  
 18.15-19.00 Active Pump  
 19.15-20.00 Active Lower Body Training  
 19.00-19.45 Active Cycle

**Friday**

**Times**

09.00-09.20 Active C20  
 09.30-10.15 Active Hula  
 11:00-11:45 Aqua Natal  
 10.20-11.05 Active Drum Fun  
 11.15-12.00 Active Lower Body Training  
 17.40-19.00 Active Yoga  
 18.15-19.00 Active Cycle  
 19.15-20.00 Active Kettles

**Tuesday**

**Times**

07.00-07.30 Active Cycle  
 10.15-11.00 Active Lower Body Training  
 11.15-12.00 Active Aquatic Cycling  
 13.30 -14.30 GP Referral Group  
 17.30-18.30 Active Zumba  
 18.00-18.45 Active Box Fusion  
 18.30-19.15 Active Cycle  
 19.00-19.45 Active Circuits

**Thursday**

**Times**

10.15-11.00 Active Body Conditioning  
 10.15-11.00 Active Cycle  
 11.30-12.15 Active Aqua  
 18.00-18.45 Active Zumba  
 18.00-18.45 Active Cycle  
 18:30-19:00 Active Metafit  
 19.15-20.15 Active Pilates

**Saturday**

**Times**

09.00-10:15 Active Cycle  
 10.15-11.15 Active Zumba

**Sunday**

**Times**

09.00-09.45 Active Cycle  
 10:00-10:45 Active Strong