

MONDAY

07.00 - 07.30	DB	Active SYNRGY 360	3
09.00 - 09.30	DB	Active SYNRGY SHAPE	3
09.30 - 10.15	FT	Active Cycle	1
13.00 - 13.30	DB	Active SYNRGY 360	3
17.30 - 18.00	RM	Active Metafit	2
18.15 - 19.00	BW	Active Cycle	1
19.00 - 19.45	GP	Active Pump	2
19.00 - 19.45	BW	Active Beat It Out	1
19.45 - 20.45	BW	Active Yoga	1
19.45 - 20.45	GP	Active Fitsteps	2

TUESDAY

07.00 - 07.30	AO	Active SYNRGY 360	3
09.00 - 09.30	AO	Active SYNRGY 360	3
09.30 - 10.15	GP	Active Pump	2
10.15 - 11.00	GP	Active Balance	2
13.00 - 13.30	AO	Active SYNRGY 360	3
17.30 - 18.15	BW	Active Kettles	2
18.15 - 19.00	CW	Active Cycle	1
18.15 - 19.00	BW	Active Aerial Yoga	2
19.00 - 19.30	CW	Active Boot Camp	2
19.30 - 20.15	CW	Active Suspension	2

WEDNESDAY

07.00 - 07.30	CW	Active SYNRGY 360	3
09.00 - 09.30	CW	Active SYNRGY 360	3
09.30 - 10.00	CW	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
13.00 - 13.30	CW	Active SYNRGY 360	3
17.30 - 18.15	KS	Active Body Conditioning	2
18.15 - 19.00	RM	Active Cycle	1
18.15 - 19.00	KS	Active Pilates	2
19.00 - 19.30	RM	Active Metafit	2

THURSDAY

07.00 - 07.30	CW	Active Cycle (Beginner)	1
09.00 - 09.30	CW	Active SYNRGY 360	3
09.30 - 10.15	MH	Active Body Conditioning	2
10.30 - 11.15	CW	Active Seated Exercise	1
11.30 - 12.30	CW	Strokeability	3
17.30 - 18.15	BW	Active Box n Burn	2
18.15 - 19.15	BW	Active Yoga	2
19.15 - 20.00	BW	Active Fitball Fusion	2
18.30 - 20.00	GB	Active Tai Chi	1

FRIDAY

07.00 - 07.30	RM	Active SYNRGY 360	3
09.00 - 09.30	RM	Active SYNRGY 360	3
09.30 - 10.00	RM	Active SYNRGY 360	3
09.30 - 10.30	GP	Active Fitsteps	2
10.30 - 11.30	GP	Active Balance	2
13.00 - 13.30	RM	Active SYNRGY 360	3
17.30 - 18.00	FT	Active SYNRGY 360	3
18.00 - 18.45	FT	Active Circuits	2&3

SATURDAY

09.00 - 09.45	BW	Active Kettles	2
09.45 - 10.30	BW	Active Cycle	1
10.30 - 11.30	BW	Active Yoga	2

SUNDAY

09.30 - 10.00	FT	Active SYNRGY 360	3
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Graham Ball	GB	Adam Overland	AO
Danny Brewer	DB	Gail Pope	GP
Ronnie Major	RM	Kathy Smith	KS
Fitness Team	FT	Becky Womble	BW
Michelle Harding	MH	Chris Wood	CW

1	Fitness Studio	2	Activity Studio	3	Fitness Suite
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OPENING HOURS
 06.30 - 21.30 Monday - Thursday
 06.30 - 20.30 Friday
 08.00 - 18.00 Saturday & Sunday
Closed Bank Holidays

Junior Gym times
 Monday - Friday 15.30 - 17.30
 Saturday & Sunday - 10.00 - 15.00

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