

Monday**Times**

09.00-10.00 Active Classic Pilates
 10:30-11.15 Active Step
 12.30-13.15 Active Aqua
 18.00-18.45 Active Cycle
 19:15-20:00 Active Cycle

Tuesday**Times**

10.30-11.15 Active Lower Body Tone
 11.15-12.00 Active Aquatic Cycling
 18:00-18.45 Active Zumba
 18.30-19.15 Active Cycle
 19.15-20.00 Active Pump

Wednesday**Times**

09.00-10.00 Active Hatha Yoga Improver
 10.30-11.30 Active Hatha Yoga Beginner
 10.30-11.15 Active Aquatic Cycling
 18.00-18.45 Active Cycle
 19.15-20.00 Active Total Conditioning

Thursday**Times**

10.15-11.00 Active Body Conditioning
 18.00-18.45 Active Zumba
 18.30-19:15 Active Cycle
 19.15-20.15 Active Classic Pilates

Friday**Times**

9.00-10.00 Active Fitness Pilates
 10.30-11.15 Active Drum Fun
 18.00-18:45 Active Cycle

Saturday**Times**

09.00-09:45 Active Cycle
 10.00-10.45 Active Zumba

Sunday**Times**

09.00-09.45 Active Cycle

Fitness Suite Session Times**Monday to Friday****Saturday**

06.30-07.30

07.30-09.00

08.00-09.00

09.30-10.30

09.30-10.30

11.00-12.00

11.00-12.00

12.30-13.30

12.30-13.30

14.00-15.00

14.00-15.00

15.30-17.00

15.30-16.30

Sunday

17.00-18.00

08.00-09.00

18.30-19.30

09.30-10.30

20.00-21.00

11.00-12.00

12.30-13.30

14.00-15.00

15.30-16.30

17.00-18.00

All swimming sessions need to be pre-booked online via the new LeisureHub portal.

www.leisurehub.active4today.co.uk/live/en/Members/home