

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycle 0700-0745	Circuits 0700-0745	Indoor Cycle 0645 - 0730	Body Combat 0645-0730	Coach By Color® 0645 - 0715	Yoga for Release 0900-0945
BodyPump 0930-1015	Movement Matters Xtra 1000-1100	Powerswim 0715-0745	Circuits 0700-0745	BodyPump™ 0700-0730	BodyPump™ 0930-1015
Chair Based Exercise 1015 - 1100	Yoga Align 1130-1215	Get Fit 0915 - 1000	BodyBalance™ 0930-1015	Get Fit 0915-1000	Deep Water Aerobics 1500-1545
BodyBalance™ 1030-1115	Skills & Drills 1245-1315	Women's Only Circuits 1045-1130	Movement Matters 1045 - 1130	Chair Based Exercise 1030-1115	SUNDAY
Aqua Aerobics 1130 - 1215	BodyPump™ 1730-1815	Mindful Yoga 1200-1245	Yoga For Strength 1200-1245	Circuits 1215-1245	Masters Swimming 1630-1730
Walking Football 1230-1400	Indoor Cycle 1745-1815	Relaxation 1300-1345	Walking Football 1230-1400	Skills & Drills 1730-1800	
BodyPump™ 1730-1815	Zumba® 1830-1915	Aqua Natal 1740-1830	Aqua Fit 1630-1715		
Body Combat 1830-1915		Zumba 1800-1845	Coach By Color® 1730-1815		
		Deep Water Aerobics 1845-1930	BodyPump™ 1845-1930		

## 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

