

MONDAY

Indoor Cycle
0645-0730

BodyPump™
0930-1015

BodyBalance™
1030-1115

Chair Based
Exercise
1030-1115

Stretch & Flex
1130-1215

Aqua Aerobics
1130 - 1215

Walking
Football
1230-1400

BodyPump™
1730-1815

Body Combat
1830-1915

TUESDAY

Circuits
0700-0745

Movement
Matters Xtra
1000-1100

Yoga Align
1130-1215

Skills & Drills
1245-1315

BodyPump™
1745-1815

Indoor Cycle
1745-1815

Zumba®
1830-1915

BodyBalance™
1930-2015

WEDNESDAY

Indoor Cycle
0645-0730

BodyPump™
0700-0730

Powerswim
0715-0745

Get Fit II
0915-1000

Get Fit
0930-1015

Women's Only
Circuits
1045-1130

Mindful Yoga
1200-1245

Relaxation
1300-1345

Aqua Natal
1740-1810

Zumba
1745-1830

Pure Stretch
1845-1930

Deep Water
Aerobics
1845-1930

Body Combat
1845-1930

THURSDAY

Body Combat
0700-0745

Circuits
0700-0745

BodyBalance™
0930-1015

Movement
Matters
1045 - 1130

Yoga For
Strength
1200-1245

Walking
Football
1230-1400

Coach By Color®
1715-1800

BodyPump™
1830-1915

FRIDAY

Coach By Color®
0645 - 0715

BodyPump™
0700-0730

Get Fit II
0915-1000

Get Fit
0930-1015

Pure Stretch
1015-1100

Chair Based
Exercise
1030-1115

Stretch & Flex
1145-1215

Circuits
1230-1315

Skills & Drills
1730-1800

SATURDAY

Yoga for
Release
0900-0945

BodyPump™
0930-1015

Deep Water
Aerobics
1500-1545

Indoor Cycle
Beginner
1600-1630

SUNDAY

Masters
Swimming
1630-1730

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 FOR
CURRENT
PROGRAMME
CHANGES



SCAN ME TO
BOOK ONLINE

