

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Indoor Cycle
0645-0730

Circuits
0700-0745

Indoor Cycle
0645-0730

Circuits
0700-0745

Coach By Color®
0645 - 0715

BodyPump™
0930-1015

BodyPump™
0930-1015

Pump&Balance™
Fusion
0900-0945

BodyPump™
0700-0730

BodyBalance™
0930-1015

BodyPump™
0700-0730

Deep Water
Aerobics
1500-1545

BodyBalance™
1030-1115

Skills & Drills
1245-1315

Powerswim
0715-0745

Chair Based
Xtra
1030-1115

Get Fit II
0915-1000

SUNDAY

Chair Based
Exercise
1030-1115

Indoor Cycle
1745-1815

Get Fit II
0915-1000

Walking Football
1230-1400

Get Fit
0930-1015

Masters
Swimming
1630-1730

Stretch & Flex
1130-1215

Zumba®
1830-1915

Get Fit
0930-1015

Aqua Fit Deep
1650-1720

Pure Stretch
1015-1100

Aqua Aerobics
1135 - 1220

BodyBalance™
1930-2015

Women's
Circuits
1045-1145

Coach By Color®
1730-1815

Chair Based
Exercise
1030-1115

Walking Football
1230-1400

Mindful Yoga
1200-1245

BodyPump™
1830-1915

Stretch & Flex
1130-1215

BodyPump™
1730-1815

Relaxation
1300-1345

Circuits
1245-1330

Body Combat
1830-1915

Aqua Natal
1740-1810

Skills & Drills
1730-1800

Zumba®
1745-1830

BodyPump™
1745-1830

Pure Stretch
1845-1930

Deep Water
Aerobics
1845-1930

Body Combat
1845-1930

SCAN ME TO
BOOK ONLINE



SCAN ME FOR
CURRENT
PROGRAMME
CHANGES



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.