

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

BodyBalance™
1030-1115

Get Fit
1000-1045

Get Fit II
0915-1000

Chair Based
Xtra
1130-1215

Get Fit II
0915-1000

Chair Based
Exercise
1030-1115

Pure Stretch
1100-1145

Get Fit
0930-1015

Walking Football
1230-1400

Chair Based
Exercise
1030-1115

Stretch & Flex
1130-1215

Indoor Cycle
1815-1845

Women's
Circuits
1045-1145

BodyPump™
1730-1815

Stretch & Flex
1130-1215

Walking Football
1230-1400

Zumba®
1830-1915

Mindful Yoga
1200-1245

Coach By Color®
1830-1915

Circuits
1245-1330

BodyPump™
1730-1815

BodyBalance™
1930-2015

Relaxation
1300-1345

BodyPump™
1745-1830

Body Combat
1830-1915

Zumba®
1745-1830

Pure Stretch
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.