



**Minimum & Maximum number apply!**

Please book in advance to guarantee a space and the running of the class.

**BOOK YOUR CLASS ONLINE**

Visit - [activzone.clubm.mobi](http://activzone.clubm.mobi) – in your web browser

OR call 01483 448666

**ALL CLASSES**

Free for ALL GOLD members

£7.50 for silver/student & non-members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GYM FLOOR</b>						
<b>ActivCIRCUITS</b> 6.45am-7.15am	<b>ActivHIIT</b> 6.45am-7.15am	<b>ActivCIRCUITS</b> 6.45am-7.15am	<b>ActivSPIN</b> 6.45am-7.15am	<b>ActivHIIT</b> 6.45am-7.15am	<b>ActivSPIN</b> 8.15am-9am	30 MINUTES GROUP PERSONAL TRAINING SESSION (GOLD MEMBERS ONLY) 8am-1pm
<b>ActivCORE</b> 7.15am-7.45am	<b>ActivKETTLEBELL</b> 7.15am-7.45am	<b>ActivCORE</b> 7.15am-7.45am	<b>ActivSPIN</b> 7.15am-7.45am	<b>ActivBOX</b> 7.15am-7.45am	<b>ActivSTRETCH</b> 9am-9.45am	
<b>ActivSTRETCH</b> 9.30am-10am	<b>ActivCORE</b> 9.30am-10am	<b>ActivSTRETCH</b> 9.30am-10am	<b>ActivCORE</b> 9.30am-10am	<b>ActivSTRETCH</b> 9.30am-10am	30 MINUTES GROUP PERSONAL TRAINING SESSION (GOLD MEMBERS ONLY) 10am-5pm	
<b>ActivCORE</b> 12pm-12.30pm	<b>ActivSTRENGTH</b> 12pm-12.30pm	<b>ActivHIIT</b> 12pm-12.30pm	<b>ActivSPIN</b> 12pm-12.30pm			
<b>ActivKETTLEBELL</b> 6pm-6.30pm	<b>ActivCORE</b> 6pm-6.30pm	<b>ActivHIIT</b> 6pm-6.30pm	<b>ActivCORE</b> 6pm-6.30pm			
<b>ActivLBT</b> 6.30pm-7.15pm	<b>ActivSPIN</b> 6.30pm-7.15pm	<b>ActivSTRENGTH</b> 6.30pm-7.15pm	<b>ActivLBT</b> 6.30pm-7.15pm			
	<b>ActivBOX</b> 7.15pm-8pm	<b>ActivSTRETCH</b> 7.15pm-8pm	<b>ActivBOX</b> 7.15pm-8pm			
<b>STUDIO</b>						
	ZUMBA 6.30-7.30pm	YOGA 6.30-7.30pm				

