

ActivZone



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 – 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
GYM FLOOR						
ActivCIRCUITS 6.45am-7.15am	ActivHIIT 6.45am-7.15am	ActivCIRCUITS 6.45am-7.15am	ActivSPIN 7am-7.45am	ActivHIIT 6.45am-7.15am	ActivSPIN 8.15am-9am	30 MINUTES GROUP PERSONAL TRAINING SESSION (GOLD MEMBERS ONLY) 8am-1pm
ActivCORE 7.15am-7.45am	ActivStrength 7:15-7:45am	ActivCORE 7.15am-7.45am		ActivBOX 7.15am-7.45am	ActivSTRETCH 9am-9.45am	
ActivSTRETCH 9.30am-10am	ActivCORE 9.30am-10am	ActivSTRETCH 9.30am-10am	ActivCORE 9.30am-10am	ActivSTRETCH 9.30am-10am	30 MINUTES GROUP PERSONAL TRAINING SESSION (GOLD MEMBERS ONLY) 10am-5pm	
ActivHIIT 6pm-6.30pm	ActivCORE 6pm-6.30pm	ActivBOX 6pm-6.30pm	ActivCORE 6pm-6.30pm			
ActivLBT 6.30pm-7.15pm	ActivSTRENGTH 6.30pm-7.15pm	ActivHITT 6.30pm-7.15pm	ActivLBT 6.30pm-7.15pm	ActivMIX 6:30-7:15pm		
ActivSpin 7.15pm-8pm	ActivHITT 7.15pm-8pm	ActivSTRETCH 7:15-8PM	ActivSTRETCH 7.15pm-8pm			
STUDIO						
	ZUMBA 6.30-7.30pm	YOGA 6.30-7.30pm				

