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| --- | --- | --- | --- |
| [Activelife Leisure club](http://www.activelifesc.co.uk/)  **Class Timetable** | | | |
|  | | | |
| **Monday** |  |  | Ability |
| Aquacise  Kettlercise  Back to exercise  HIIT  Pilates | 08.45 - 09.30  09.15 - 10.15  10.30 - 11.15  18.15 - 18.45  19.00 - 20.00 | Pool Based  Kettlebell Workout  Low impact/Tone  Cardio workout  Mat Based | All  All  All  All  All |
| **Tuesday** | | | |
| Tone & Stretch  20/20/20 | 09.30 -10.30  10.35 – 11.35 | Tone/Stretch  Aerobics, Step & Tone | All  All |
| Martial Arts\*  Martial Arts\* | 16.00 - 17.00  17.00 - 18.00 | Little Ninjas \*  Kids Combat \* | B  I |
| Weighted Tone  Zumba | 18.00 -18.45  19.00 – 20.00 | Full body/ weights  Zumba | All  All |
| **Wednesday** | | | |
| Pilates  Pilates  Weight &Conditioning Dance Fitness  Aqua circuit | 08.45 – 09.30  09.35 – 10.20  10.25 - 11.25  11.30 – 12.30  18.30 – 19.15 | Mat Based  Mat Based  Weight Based  Dance Class  Pool Based Circuit | All  All  All  All  All |
| **Thursday** | | | |
| Legs, Bums & Tums | 09.30 – 10.30 | Weight Based | All |
| Hatha Yoga | 11.00 - 12.00 | Suitable for all levels | All |
| Martial Arts\* | 16.00 - 17.00 | Little Ninjas \* | B |
| Martial Arts\* | 17.00 - 18.00 | Kids Combat \* | I |
| H.Core Lean  Vinyasa Yoga | 18.15 - 19.05  19.15 – 20.15 | Bodyweight HIIT  Some yoga experience required | I  I |
| **Friday** | | | |
| Aquacise | 08.45 -09.30 | Pool Based | All |
| Dance Fiesta  Fit Ball  Pilates   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  |   **Saturday**  Zumba  Sculpt & Tone  **Sunday** | 09.00- 10.00  10:00-10:45  18.00 -19.00    09.00 – 10.00  10.15 – 11.15 | Latin Dance  Core strengthening  Mat Based  Zumba  Full Body Workout | All  All  All  All  All |

Tone 09.30 – 10.30 Weight Base All

All = open to all abilities B = Beginner I = Intermediate

\*External booking, contact reception for more details