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| Activelife Leisure club**Class Timetable** |
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|  **Monday** |  |  | Ability |
|  AquaciseKettlerciseBack to exerciseHIITPilates | 08.45 - 09.3009.15 - 10.1510.30 - 11.1518.15 - 18.4519.00 - 20.00 | Pool BasedKettlebell WorkoutLow impact/ToneCardio workoutMat Based | AllAllAllAllAll |
|  **Tuesday** |
| Tone & Stretch20/20/20 | 09.30 -10.30 10.35 – 11.35 | Tone/StretchAerobics, Step & Tone  | AllAll |
| Martial Arts\*Martial Arts\* | 16.00 - 17.0017.00 - 18.00 | Little Ninjas \* Kids Combat \* | BI |
| Weighted ToneZumba | 18.00 -18.4519.00 – 20.00 | Full body/ weightsZumba | AllAll |
|  **Wednesday** |
| PilatesPilatesWeight &Conditioning Dance FitnessAqua circuit | 08.45 – 09.3009.35 – 10.2010.25 - 11.2511.30 – 12.3018.30 – 19.15 | Mat BasedMat BasedWeight BasedDance ClassPool Based Circuit | AllAllAllAllAll |
|  **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 LeanVinyasa Yoga | 18.15 - 19.0519.15 – 20.15 | Bodyweight HIITSome yoga experience required | II |
|  **Friday** |
| Aquacise | 08.45 -09.30 | Pool Based | All |
| Dance FiestaFit BallPilates

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 **Saturday** Zumba Sculpt & Tone **Sunday** | 09.00- 10.0010:00-10:4518.00 -19.0009.00 – 10.0010.15 – 11.15 | Latin DanceCore strengtheningMat BasedZumba Full Body Workout | AllAllAllAllAll |

Tone 09.30 – 10.30 Weight Base All

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

\*External booking, contact reception for more details