

Monday

09.15-10.15	Yoga
12.00-12.45	Swim4Fitness (2 Lanes)
12.00-12.45	Hydro Spin
13.30-14.30	Six-o-Fit (Senior Fitness)
13.30-14.30	Pulmonary Clinic
18.30-19.30	Circuits
18.45-19.30	Adult Spinning*
19.30-20.15	PumpFX*
19.30-20.15	Adult Spinning*

Tuesday

09.30-10.15	Adult Spinning*
10.30-11.15	NEW! Pump & Tone* (From 17th Jan)
18.15-19.15	Boxercise Circuits
18.30-19.15	Pilates
18.45-19.30	Adult Spinning*
19.30-20.15	Hula Hooping
19.30-20.15	Adult Spinning*
20.15-21.00	Swim4Fitness (2 Lanes)
20.15-21.00	Hydro Spin

Wednesday

10.00-11.00	Heartfit (by referral only)
12.00-12.45	Swim4Fitness (2 Lanes)
12.00-12.45	Hydro Spin
15.15-16.00	AquaFit
18.30-19.30	Circuits
18.30-19.15	Pure Aerobics
18.45-19.30	Adult Spinning*
19.30-20.15	PumpFX*
19.30-20.15	Adult Spinning*

Thursday

09.30-10.15	Adult Spinning*
10.30-11.30	Yoga
13.30-14.30	Pulmonary Clinic
18.30-19.15	Zumba
18.45-19.30	Adult Spinning*
19.00-19.45	Swim4Fitness (2Lanes)
19.00-19.45	Hydro Spin
19.30-20.15	Combat FX
20.15-21.00	AquaFit

Friday

09.30-10.30	Pilates
10.30-11.30	Chi Ball
11.30-12.30	Six-o-Fit
18.45-19.30	Adult Spinning*

Saturday

09.00-09.45	Adult Spinning*
10.00-10.45	Pump FX*

Sunday

09.00-09.45	Adult Spinning*
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Activo Fitness Suite Opening Times

Monday - Friday
6.30 -22.00

Saturday & Sunday
8.00—19.00

* Not suitable for under 16s