

EXERCISE CLASS PROGRAMME

MONDAY					
9.15 to 10.15am	M	NEW Iyenga Yoga	Wendy	Studio 2	
9.30 to 10.15am	M/H	C BODYATTACK™	Kelly	Studio 1	
9.30 to 10.30am	M	C Tone & Tighten	Jenny C	Sports Hall	
10 to 10.40am	M/H	C X-Cube Circuits	Martina	Functional Rig	
10.15 to 10.45am	M	C CXWORX™	Kelly	Studio 1	
10.50 to 11.50am	E/M	C Pilates	Sue B	Studio 2	
11 to 11.30am	H	C HIIT	Nataly	Studio 1	
11.40-12.40pm	M/H	C BODYPUMP™	Nataly	Studio 1	
1 to 6pm		EXCEL Gym	Fitness Team	Gym	
5.10 to 5.40pm	M	CXWORX™	Kelly	Studio 1	
5.40 to 6.30pm	M/H	Boxercise	Liz	Sports Hall	
5.45 to 6.35pm	M/H	BODYATTACK™	Kelly	Studio 1	
6.30 to 7.30pm	M	Easy Line Circuits	John	Sports Hall	
6.40 to 7.40pm	M/H	NEW BODYCOMBAT™	Michelle	Studio 1	
6.45 to 7.30pm	E/M	NEW BODYBALANCE™	Sue B	Studio 2	
7.45 to 8.45pm	M/H	BODYPUMP™	Kerry/Jenny L	Studio 1	
7.45 to 8.45pm	M	NEW ZUMBA	Viviana	Studio 2	
8 to 8.45pm	E	Aqua Action	Sue B	Fitness Pool	
9 to 10pm	E/M	BODYBALANCE™	Sue B	Studio 2	
TUESDAY					
9 to 10am	M	NEW Yoga	Kerrie	Studio 2	
9.30 to 10.30am	M/H	C BODYCOMBAT™	Diane	Studio 1	
10.10 to 11.10am	E/M	C Pilates	Lizzie	Studio 2	
10.30 to 11.15am	E	C Aqua Action	Sue B	Fitness Pool	
10.35 to 11.35am	M/H	C NEW BODYPUMP™	Nataly	Studio 1	
11.20 to 12.20pm	E/M	C BODYBALANCE™	Kelly	Studio 2	
11.40 to 12.20pm	M	C BODYATTACK™	Shannon	Studio 1	
12.30 to 1.15pm	M/H	C Kettlebells	Nataly	Studio 1	
1 to 7pm		EXCEL Gym	Fitness Team	Gym	
4.30 to 5.30pm		NEW EXCEL Circuits	Danni	Studio 2	
5.35 to 6.05pm	M	CXWORX™	Michelle	Studio 1	
6 to 7pm	M/H	X-Cube Circuits	Danni	Functional Rig	
6.10 to 7.10pm	E/M	BODYBALANCE™	Michelle	Studio 2	
6.15 to 7.15pm	M/H	BODYPUMP™	Kerry/Sue B	Studio 1	
6.30 to 7.30pm	H	Circuit Training	John	Sports Hall	
7.20 to 8.05pm	M	Fab Abs, Butts & Legs	Jacqui	Studio 1	
7.15 to 8pm	E/M	NEW Pilates	Ali	Studio 2	
8.10 to 8.55pm	M	NEW Step	Jacqui	Studio 1	
WEDNESDAY					
9 to 9.30am	M	C Hula Hoop	Jacqui	Sports Hall	
9.30 to 10.30am	E/M	C BODYBALANCE™	Luke	Studio 2	
9.30 to 10.20am	M	C Step	Jacqui	Studio 1	
10 to 10.40am	M/H	C X-Cube Circuits	Martina	Functional Rig	
10.25 to 11.25am	M	C Primetimers Fitness	Danni	Studio 1	
10.30 to 11.30am	M	C Dance Mix	Luke	Studio 2	
11.35 to 12.05pm	M	C CXWORX™	Luke	Studio 1	
11.35 to 12.20pm	M	C NEW Yoga	Shannon	Studio 2	
12.30 to 1.30pm	M/H	C NEW BODYPUMP™	Nataly	Studio 1	
1 to 7pm		EXCEL Gym	Fitness Team	Gym	
5.45 to 6.45pm	H	INSANITY	Luke	Studio 1	
6 to 6.45pm		NEW X-Cube HIIT	Danni	Functional Rig	
6 to 6.45pm	E	NEW Creative Flow	Sue B	Studio 2	
6.50 to 7.50pm	E/M	BODYBALANCE™	Sue B	Studio 2	
6.50 to 7.35pm	M	NEW Primetimers	Danni	Studio 1	
7.50 to 8.50pm	M/H	BODYCOMBAT™	Kate	Studio 1	
8 to 8.45pm	E	Aqua Action	Sue B	Pool	
8 to 9pm	M	NEW Zumba	Viviana	Studio 2	
THURSDAY					
9.15 to 10am	M	C NEW Dance Vibe	Kelly	Studio 2	
9.30 to 10.30am	M/H	C BODYPUMP™	Kerrie	Studio 1	
10.05 to 10.40am	M	C NEW Tone & Stretch	Kelly	Studio 2	
10.30 to 11am	M	C CXWORX™	Kerrie	Studio 1	
11 to 12 noon	E/M	C BODYBALANCE™	Kerrie	Studio 2	
11 to 12 noon	M/H	C NEW BODYCOMBAT™	Shannon	Studio 1	
1 to 7pm		EXCEL Gym	Fitness Team	Gym	
4.30 to 5.15pm		EXCEL X-Cube	Danni	Functional Area	
5.40 to 6.10pm	M/H	Ab Attack	Ali	Studio 1	
6 to 7pm	M/H	X-Cube Circuits	Danni	Functional Area	
6.15 to 7.15pm	M/H	BODYPUMP™	Ali	Studio 1	
6.15 to 7.15pm	E/M	NEW BODYBALANCE™	Michelle	Studio 2	
7.25 to 8.10pm	M/H	NEW BODYCOMBAT™	Michelle	Studio 1	
7.35 to 8.35pm	M	Fab Abs, Butts & Legs	Jacqui	Sports Hall	
8.15 to 9.15pm	E/M	BODYBALANCE™	Ali	Studio 2	
FRIDAY					
9.20 to 10.20am	E	C Therapeutic Yoga	Jenny C	Studio 2	
9.30 to 10.30am	H	C BODYATTACK™	Kelly	Studio 1	
10 to 10.40am	M/H	C X-Cube Circuits	Martina	Functional Rig	
10.35 to 11.35am	M	C Primetimers Fitness	Danni	Studio 1	
12.10 to 1.10pm	M	C BODYCOMBAT™	Shannon	Studio 1	
1 to 7pm		EXCEL Gym	Fitness Team	Gym	
5 to 5.45pm	E/M	NEW BODYBALANCE™	Sue L	Studio 2	
6 to 7pm	M/H	BODYPUMP™	Sue L	Studio 1	
7.05 to 8.05pm	H	Kettlebells	Danni	Studio 1	
7.30 to 8.30pm	H	Circuit Training	John	Sports Hall	
SATURDAY					
8 to 8.45am	M/H	BODYPUMP™	Sue B	Studio 1	
9 to 10am	E/M	BODYBALANCE™	Sue B	Studio 2	
10.30 to 11.30am	M/H	BODYCOMBAT™	Michelle	Studio 1	
10.35 to 11.05am	M	NEW CXWORX™	Michelle	Studio 1	
Available all day*		EXCEL Gym	Fitness Team	Gym	
SUNDAY					
7.50 to 8.20am	M	CXWORX™	Michelle	Studio 1	
8.30 to 9.30am	M	Iyengar Yoga	Wendy	Studio 2	
8.30 to 9.15am	M/H	BODYCOMBAT™	Michelle	Studio 1	
10.30 to 11.30am	E/M	Pilates	Kelly M	Studio 2	
11 to 12 noon	M/H	NEW BODYPUMP™	Marie	Studio 1	
5 to 6pm	M/H	BODYPUMP™	Sue L	Studio 1	
Available all day*		EXCEL Gym	Fitness Team	Gym	

SPIN CLASS PROGRAMME

MONDAY		
6.45 to 7.30am	THE TRIP™	Michelle
8 to 8.30am	RPM™	Virtual
8.40 to 9.25am	Spin	Kelly
9.30 to 10.15am	C THE TRIP™	Nataly
10.25 to 11.10am	C RPM™	Virtual
11.15 to 11.45	C RPM™	Virtual
11.50 to 12.20pm	C SPRINT™	Virtual
12.30 to 1.15pm	C THE TRIP™	Shannon
1.25 to 2.10pm	RPM™	Virtual
2.35 to 3.20pm	RPM™	Virtual
3.25 to 4.10pm	RPM™	Virtual
4.15 to 4.45pm	RPM™	Virtual
5 to 5.30pm	SPIN	Liz
6 to 6.45pm	RPM	Marie
7 to 7.45pm	THE TRIP™	Peter G
8.15 to 9pm	RPM™	Virtual
9.05 to 9.50pm	RPM™	Virtual
TUESDAY		
6.40 to 7.10am	SPRINT™	Virtual
7.15 to 8am	RPM™	Virtual
8.10 to 8.40am	RPM™	Virtual
8.45 to 9.15am	SPRINT™	Virtual
9.30 to 10.15am	C THE TRIP™	Nataly
10.20 to 10.50am	C RPM™	Virtual
10.55 to 11.25am	C SPRINT™	Virtual
11.30 to 12.15pm	C RPM™	Virtual
12.30 to 1.15pm	C THE TRIP™	Shannon
1.25 to 1.55pm	C SPRINT™	Virtual
2.15 to 2.45pm	RPM™	Virtual
2.50 to 3.35pm	RPM™	Virtual
3.40 to 4.25pm	RPM™	Virtual
4.30 to 5.15pm	RPM™	Virtual
5.20 to 6.05pm	RPM™	Virtual
6.15 to 7pm	THE TRIP™	Viviana
7.15 to 7.45pm	SPRINT™	Virtual
8.10 to 8.55	Spin	Ali
9.05 to 9.35pm	RPM™	Virtual
WEDNESDAY		
6.45 to 7.30am	THE TRIP™	Michelle
7.55 to 8.25am	RPM™	Virtual
8.40 to 9.25am	RPM™	Virtual
9.30 to 10.30am	C Spin	Kelly
10.40 to 11.10am	C SPRINT™	Virtual
11.15 to 12 noon	C RPM™	Virtual
12.30 to 1.15pm	C Spin	Shannon
1.40 to 2.10pm	RPM™	Virtual
2.15 to 2.45pm	SPRINT™	Virtual
2.50 to 3.35pm	RPM™	Virtual
3.40 to 4.10pm	SPRINT™	Virtual
4.15 to 4.45pm	RPM™	Virtual
4.50 to 5.35pm	RPM™	Virtual
5.45 to 6.10pm	RPM™	Virtual
6.30 to 7.15pm	THE TRIP™	Peter G
7.35 to 8.20pm	RPM™	Virtual
8.25 to 8.55pm	RPM™	Virtual
9 to 9.45pm	Spin	Liz

THURSDAY		
6.40 to 7.10am	SPRINT™	Virtual
7.30 to 8.15am	Spin	Kelly
8.30 to 9.15am	RPM™	Virtual
9.30 to 10.15am	C THE TRIP™	Nataly
10.40 to 11.25am	C RPM™	Virtual
11.30 to 12 noon	C RPM™	Virtual
12.30 to 1.15pm	C THE TRIP™	Shannon
1.25 to 1.55pm	C RPM™	Virtual
2 to 2.30pm	SPRINT™	Virtual
2.35 to 3.20pm	RPM™	Virtual
3.25 to 4.10pm	RPM™	Virtual
4.15 to 5pm	RPM™	Virtual
5.05 to 5.35pm	SPRINT™	Virtual
5.40 to 6.10pm	RPM™	Virtual
6.15 to 7pm	THE TRIP™	Peter G
7.25 to 8.10pm	Spin	Ali
8.15 to 8.45pm	SPRINT™	Virtual
8.50 to 9.35pm	RPM™	Virtual
FRIDAY		
6.40 to 7.25am	RPM™	Virtual
7.30 to 8am	SPRINT™	Virtual
8.05 to 8.50am	RPM™	Virtual
8.55 to 9.25am	RPM™	Virtual
9.40 to 10.25am	C RPM™	Ali
10.35 to 11.15am	C Spin	Nataly
11.30 to 12.15pm	C RPM™	Virtual
1 to 1.45pm	C THE TRIP™	Nataly
2 to 2.30pm	RPM™	Virtual
2.40 to 3.10pm	SPRINT™	Virtual
3.15 to 3.45pm	RPM™	Virtual
3.50 to 4.35pm	RPM™	Virtual
4.40 to 5.25pm	RPM™	Virtual
5.35 to 6.20pm	RPM™	Virtual
6.25 to 7.10pm	THE TRIP™	Nataly
7.30 to 8.15pm	RPM™	Virtual
8.20 to 8.50pm	SPRINT™	Virtual
8.55 to 9.40pm	RPM™	Virtual
SATURDAY		
7.30 to 8.15am	THE TRIP™	Nataly
8.30 to 9.15am	THE TRIP™	Viviana
9.30 to 10am	RPM™	Virtual
10.05 to 10.50am	RPM™	Virtual
10.55 to 11.25am	SPRINT™	Virtual
11.30 to 12.15pm	RPM™	Virtual
12.20 to 1.05pm	RPM™	Virtual
1.10 to 1.55pm	RPM™	Virtual
2 to 2.30pm	SPRINT™	Virtual
2.35 to 3.05pm	RPM™	Virtual
3.10 to 3.50pm	RPM™	Virtual
4 to 4.45pm	RPM™	Virtual
4.50 to 5.25pm	SPRINT™	Virtual
SUNDAY		
7.20 to 8.05am	THE TRIP™	Peter G
8.30 to 9.15am	RPM™	Virtual
9.30 to 10.30am	Spin	Laurie
10.25 to 11.10am	RPM™	Virtual
11.15 to 11.45am	SPRINT™	Virtual
11.50 to 12.20pm	RPM™	Virtual
12.25 to 12.55pm	RPM™	Virtual
1 to 1.45pm	RPM™	Virtual
1.50 to 2.35pm	RPM™	Virtual
2.40 to 3.25pm	RPM™	Virtual
3.30 to 4pm	SPRINT™	Virtual
4.05 to 4.50pm	RPM™	Virtual
4.55 to 5.20pm	RPM™	Virtual

CLASS DIFFICULTY KEY: E = EASY M = MODERATE H = HARD | C = CRECHE AVAILABLE

PRICES

CLASS PRICES	Member	Non Member
Adult	£6.00	£8.40
Concession	£5.00	£6.30
Adult THE TRIP™	£10.00	£12.40
Concession THE TRIP™	£6.00	£7.30
Adult 30 minute classes	£5.00	£7.40
Concession 30 minute classes	£4.00	£5.30
EXCEL (11 to 16 year olds only)	£3.70	£5.00

- For the benefit of everyone please arrive on time for your class or entry may be refused. If you are new to BODYPUMP™ please arrive 5 minutes early so the instructor can take you through technique.
- Please advise your instructor of any medical conditions or if you are pregnant.
- *EXCEL sessions available on the hour 8am to 6pm Saturday and 8am to 7pm Sunday.
- Programme subject to change. See tactive website and app for details.

Customers must be 16 years to participate in BODYPUMP™, BODYCOMBAT™, BODYBALANCE™, BODYATTACK™ and CXWORX™ & 18 years for Spin, RPM, SPRINT & THE TRIP. For all other classes customers must be 14 years +, except EXCEL and Aqua Action where participants can be 11 years+.