



| Linden Grove, Coxhoe, Durham DH64DW | 0191 3771789 |
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 Registered Charity: 1145037 |

Group Exercise Timetable

To make it simpler for you to find a gym class that suits you, we've grouped them into 4 different categories



MONDAY 7:00am-9:30pm		TUESDAY 7:00am-9:30pm		WEDNESDAY 7:00am-9:30pm		THURSDAY 7:00am-9:30pm		FRIDAY 7:00am-8:30pm		SATURDAY 8:30am-3:30pm	
		09:30	Body Pump	9:00	Pound	7:30	Metapwr	10:00	Body Balance	9:15	Zumba Step
		10:15	Natalie	9:45	Lotty	8:00	Various	11:00	Kelley	10:00	Lotty
13:00	Zumba Step	10:15	Yoga			10:15	Active Life Circuit			10:15	Fitsteps
13:45	Lotty	11:15	Natalie			11:00	Various			11:00	Lotty
17:30	Kettlebells			13:00	Ballet Be Fit					11:15	Fitsteps
18:15	Leigh			14:00	Trudy					12:00	Lotty
18:15	MetaPwr	15:00	Active Life Circuit	17:30	MetaPwr	13:00	Zumba				
18:45	Various	15:45	Various	18:00	Various	13:45	Lotty			SUNDAY 8:30am-3:30pm	
18:15	Core Balance	17:30	Body Pump	17:00	Yogalates	18:00	Body Combat	17:30	MetaPwr	9:00	Body Balance
19:00	Leigh	18:15	Jen	18:00	Gareth	18:45	Jen	18:00	Various	9:45	Kelley
19:00	Fitsteps	18:15	Body Combat	18:00	Spinning	18:45	Body Pump	18:15	Kettlebells	9:45	Spinning
19:45	Lotty	19:15	Jen	18:45	Leigh	19:30	Jen	19:00	Leigh	10:30	Kelley



Active Life @Coxhoe members can book online using our Mobile App.

It's free convenient and easy to use, please ask a member of staff for more details.

FitSense

