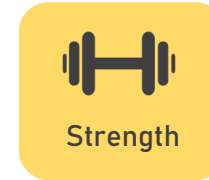
























































Group Exercise Timetable

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	10:30	Body Balance	9:15	Zumba Step
		10:15	Natalie  	9:45	Lotty  	8:00	Various  	11:30	Natalie  	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	Core Balance
19:00	Leigh  	18:15	Jen  	18:00	Gareth  	18:45	Jen  	18:00	Various  	9:45	Leigh  
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	Leigh 



FitSense

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.

