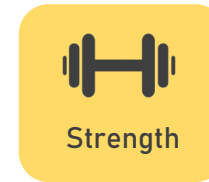


Group Exercise Timetable

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	
		11:00	Yoga	9:00	Pound	7:30	Metapwr	10:00	Body Balance	9:15	Zumba Step
		12:15	Amanda	9:45	Lotty	8:00	Various	11:00	Amanda	10:00	Lotty
						10:15	Active Life Circuit			10:15	Fitsteps
						11:00	Various			11:00	Lotty
13:00	Zumba Step			13:00	Ballet Be Fit					11:15	Fitsteps
13:45	Lotty			14:00	Trudy					12:00	Lotty
18:00	Body Balance	15:00	Active Life Circuit	17:30	MetaPwr	13:00	Zumba				
19:00	Amanda	15:45	Various	18:00	Various	13:45	Lotty				
18:00	MetaPwr	18:00	Body Combat	17:30	Pilates	18:00	Body Combat	17:30	MetaPwr		
18:30	Various	19:00	Jen	18:15	Sarah	19:00	Jen	18:00	Various		
19:00	Fitsteps	18:15	Kettlebells	18:15	Spinning	19:00	Yoga	18:15	Kettlebells		
19:45	Lotty	19:00	Leigh	19:00	Leigh	20:00	Summalea	19:00	Leigh		
										SUNDAY 8:30am-3:30pm	
										9:00	Body Balance
										9:45	Kelley
										9:45	Spinning
										10:30	Kelley



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.

