

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



Mind & Body



Strength



Cardio



Dance

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00am-9:30pm		7:00am-9:30pm		7:00am-9:30pm		7:00am-9:30pm		7:00am-8:30pm		8:30am-3:30pm	
		09:30	Body Pump	9:00	Pound	7:30	Metapwr	10:30	Body Balance	9:15	Zumba Step
		10:15	Jane	9:45	Lotty	8:00	Various	11:30	Natalie	10:00	Lotty
13:00	Zumba Step	10:15	Pilates			10:15	Active Life Circuit			10:15	Fitsteps
13:45	Lotty	11:15	Jane			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				
18:15	Core Balance	17:30	Body Pump	17:00	Yogalates	18:00	Body Combat	18:00	Hybrid Fit		
19:00	Leigh	18:15	Jen	18:00	Gareth	18:45	Body Pump	18:30	Various		
19:00	Fitsteps	18:15	Body Combat	18:00	Spinning	19:30	Jen				
19:45	Lotty	19:15	Jen	18:45	Leigh						



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.

