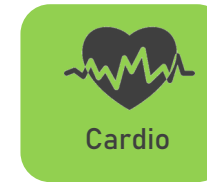
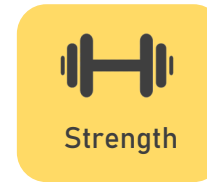




















Group Exercise Timetable

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

