

This timetable is valid from  
19th May 2017



# FITNESS CLASS TIMETABLE 2017

For fitness class prices please visit  
[www.activ8fitnessclubs.co.uk](http://www.activ8fitnessclubs.co.uk)

Monday			INTENSITY
8.45-9.30	Aquafit	Splash	1 to 2
9.30-10.00	Xpress Omnia (P) *	Forum	ALL
9.30-10.00	Xpress Gym (P) *	Pavilion	ALL
9.40-10.25	Bums & Tums *	Splash	All
10.00-10.45	Active + (GP)	Splash	2 to 3
10.00-11.00	Active + (GP)	Forum	2 to 3
10.30-11.30	Active + (50+)	Forum	2 to 3
11.00-12.00	Active + (GP)	Splash	3 to 4
11.15-12.00	Active + (GP)	Forum	1 to 2
12.00-12.45	Spinning	Splash	HI
12.15-1.00	Aquafit (GP)	Forum	2 to 3
12.15-1.00	Bums & Tums *	Forum	ALL
5.10-5.55	Zumba *	Splash	ALL
5.30-6.00	X Press Spin	Forum	ALL
6.00-6.30	Ab Blast *	Splash	ALL
6.00-6.45	Clubbercise	Splash	ALL
6.00-6.45	Clubbercise	Pavilion	ALL
6.05-6.50	Spinning	Forum	HI
6.00-6.45	Zumba Toning *	Forum	ALL
6.00-6.45	Piloxing *	Pavilion	ALL
6.15-7.00	Hi/Lo *	Forum	ALL
6.30-7.00	Xpress Gym (P) *	Forum	ALL
6.30-7.00	Kettlebell	Splash	ALL
6.45-7.30	POUND *	Splash	ALL
6.50-7.35	Aqua Zumba *	Forum	3 to 4
6.55-7.40	Boxercise *	Forum	ALL
6.50-7.20	Metafit	Pavilion	HI
7.00-7.30	Metafit	Splash	HI
7.00-7.45	POUND *	Pavilion	ALL
7.15-8.00	Body Combat (14+)	Forum	HI
7.35-8.20	Pilates * (GP)	Splash	ALL
Tuesday			INTENSITY
7.00-7.30	Xpress Gym (P)	Splash	ALL
8.40-9.25	Aquafit (GP)	Forum	1 to 2
8.45-9.30	Aquafit (GP)	Splash	2 to 3
9.45-10.40	Piloxing *	Forum	ALL
10.00-10.45	Active + (GP)	Splash	ALL
11.00-11.45	Active + (GP)	Splash	1 to 2
11.00-12.00	Active + (50+)	Pavilion	1 to 2

12.00-12.45	Clubbercise	Splash	ALL
12.30-1.00	Xpress Gym (P) *	Forum	ALL
1.30-2.30	Active + (50+)	Forum	1 to 2
5.00-5.45	Zumba Toning *	Splash	ALL
5.45-6.30	Bums & Tums *	Forum	ALL
5.55-6.40	Piloxing *	Splash	ALL
6.00-6.30	Xpress Omnia (P) *	Forum	ALL
6.00-6.45	Body Attack (14+)	Forum	HI
6.15-7.00	Spinning	Pavilion	HI
6.15-7.00	Aqua Bootcamp *	Forum	ALL
6.35-7.20	Clubbercise	Forum	ALL
6.45-7.30	Bums & Tums *	Splash	ALL
6.50-7.35	Spinning	Forum	HI
6.50-7.35	Pilates *	Forum	ALL
7.05-7.50	Pilates	Pavilion	All
7.15-8.00	Aquafit *	Splash	ALL
7.30-8.15	Body Attack (14+)	Splash	HI
Wednesday			
INTENSITY			
8.40-9.25	Aquafit	Forum	3 to 4
8.45-9.30	Aquafit (GP)	Splash	2 to 3
9.10-9.55	Zumba *	Forum	ALL
10.15-11.00	Active + (GP)	Splash	1 to 2
10.20-11.05	Zumba *	Pavilion	ALL
12.00-12.30	Xpress Gym (P)	Pavilion	ALL
12.15-1.00	Bootcamp *	Splash	ALL
10.30-11.15	Bums & Tums *	Forum	ALL
5.10-5.40	Kettlebell	Splash	ALL
5.25-6.10	Pump FX	Pavilion	ALL
5.45-6.15	Metafit	Splash	HI
5.45-6.30	Clubbercise	Splash	ALL
5.50-6.35	Pump FX	Forum	ALL
6.00-6.30	Xpress Gym (P) *	Forum	ALL
6.00-6.30	Xpress Gym (P)	Pavilion	ALL
6.15-7.00	Body Attack (14+)	Pavilion	HI
6.30-7.15	Bums & Tums*	Splash	ALL
6.30-7.15	Spinning	Forum	HI
6.40-7.25	Body Combat (14+)	Forum	HI
6.40-7.25	Spinning	Pavilion	HI
6.40-7.25	Hi/Lo *	Forum	ALL
7.15-8.00	Zumba *	Splash	ALL

7.30-8.00	Kettlebell	Forum	ALL
7.30-8.15	Boxercise *	Pavilion	ALL
7.30-8.15	POUND *	Forum	ALL
Thursday			
INTENSITY			
7.00-7.30	Xpress Gym (P)	Splash	ALL
8.45-9.30	Aquafit	Splash	1 to 2
8.40-9.25	Aquafit (GP)	Forum	2 to 3
9.20-10.05	Clubbercise	Forum	ALL
9.30-10.30	Pilates Back Care (GP)	Forum	50+
9.55-10.55	Active+ (GP)	Splash	3 to 4
10.15-11.15	Active+ (GP)	Forum	2 to 3
10.00-11.00	Active+ (GP)	Pavilion	2 to 3
11.00-11.45	Active +	Splash	2 to 3
12.00-12.45	Spinning	Splash	HI
12.15-1.00	Pilates	Splash	ALL
12.30-1.00	Xpress Gym (P) *	Forum	ALL
1.30-2.30	Tai Chi	Forum	ALL
1.30-2.30	Active + (50+)	Forum	1 to 2
5.30-6.00	Bums & Tums *	Pavilion	ALL
5.30-6.15	Bums & Tums *	Splash	ALL
5.30-6.15	Spinning	Splash	ALL
5.45-6.15	Xpress Gym (P) *	Forum	ALL
6.00-6.30	Body Attack (14+)	Pavilion	HI
6.00-6.45	Zumba *	Forum	ALL
6.00-6.45	Pilates *	Forum	ALL
6.30-7.15	Aqua Zumba *	Splash	ALL
6.30-7.15	Body Attack (14+)	Splash	HI
6.30-7.15	Spinning	Forum	HI
6.35-7.20	POUND *	Pavilion	HI
6.50-7.35	Clubbercise	Forum	ALL
6.50-7.20	Metafit	Forum	HI
7:15-8:00	Body Combat (14+)	Splash	HI
7.30-8.15	Aquafit *	Forum	ALL
Friday			
INTENSITY			
8.40-9.25	Aqua Circuit (GP)	Forum	2 to 3
8.45-9.30	Aquafit	Splash	2 to 3
9.30-10.15	Pilates	Pavilion	ALL
9.45-10.30	Active+ (GP)	Forum	1 to 2
10.00-10.30	Xpress Gym (P)	Pavilion	ALL
10.00-10.45	Bums & Tums*	Forum	ALL

10.45-11.45	Tai Chi	Splash	2 to 3
12.00-12.30	Xpress Omnia (P) *	Forum	ALL
12.00-12.30	Metafit	Splash	HI
12.35-1.05	Bums & Tums *	Splash	ALL
5.30-6.00	Xpress Gym (P) *	Forum	ALL
5.45-6.30	Body Attack (14+)	Forum	HI
6.15-7.00	Boxercise *	Pavilion	ALL
6.00-6.30	Xpress Gym (P) *	Pavilion	ALL
6.15-7.00	Step *	Forum	ALL
Saturday			
INTENSITY			
9.30-10.00	Xpress Gym (P) *	Pavilion	ALL
9.30-10.00	X Press Spin	Forum	ALL
10.00-10.30	Xpress Gym (P) *	Forum	ALL
10.00-10.45	POUND *	Forum	HI
10.05-10.50	Spinning	Forum	HI
Sunday			
INTENSITY			
4.00-4.45	Body Attack (14+)	Forum	HI
4.45-5.30	Clubbercise (P)	Forum	ALL
5.00-5.45	POUND *	Splash	ALL
5.30-6.15	Zumba Mix *	Forum	ALL
6.15-7.00	Spinning	Pavilion	HI
6.15-7.00	Spinning	Forum	HI

■ New Session    
 ■ Session Change    
 ■ Time Change    
 ■ Temporary Class Due to popular demand

**Xpress Gym** - A half hour gym based session incorporating various functional / strength / interval training techniques. These sessions will utilise various pieces of gym equipment such as TRX, VIPR, BOSU, Kettle bells, barbells and dumbbells. (Maximum 10 places)  
**Xpress Omnia** - A half hour OMNIA based class incorporating various circuit stations. (maximum 16 places) All of the Xpress sessions are bookable.

Omnia sessions are based in Forum's gym and only available to Privilege/55+ members

\* - Open to customers currently attending secondary school (11 / 12 years old+)  
 14+ - Open to customers aged 14 years old+  
 P - Open to Privilege members ONLY  
 GP - Open to all customers however they are delivered by GP referral qualified coaches  
 50+ - Open to all customers however more suitable for the 50 + age range

## CLASS INTENSITY

- Classes have been given a difficulty level so you know what to expect, 1 being easier to 4 being more advanced.
- Classes marked HI indicate classes of high intensity, however, alternatives can be offered by the instructor.
- Classes marked ALL are aimed at everyone and the coach will tailor moves within the class for each level of ability.