

This timetable is valid from
26th September 2017



FITNESS CLASS TIMETABLE

FOR PRICES PLEASE VISIT
www.aktiv8fitnessclubs.co.uk

Monday			INTENSITY
08:45-09:30	Activ+ Aquafit	Splash	2-3
09:20-09:50	Body Combat	Forum	HI
09:30-10:00	Omnia	Forum	ALL
09:30-10:00	Xpress Gym	Pavilion	ALL
09:40-10:25	Bums & Tums	Splash	ALL
09:50-10:20	Body Attack	Forum	HI
10:00-10:45	Active+	Splash	2-3
10:00-11:00	Active+	Forum	2-3
10:30-11:30	50+	Forum	2-3
11:00-12:00	Active+	Splash	3-4
11:15-12:00	Active+	Forum	1-2
12:00-12:45	Spinning	Splash	HI
12:15-13:00	Active+ Aquafit	Forum	2-3
12:15-13:00	Bums & Tums	Forum	ALL
17:10-17:55	Zumba	Splash	ALL
17:30-18:00	Xpress Spin	Forum	ALL
18:00-18:30	Ab Blast	Splash	ALL
18:00-18:45	Clubbercise	Splash	ALL
18:00-18:45	Piloxing	Pavilion	ALL
18:00-18:45	Zumba Tone	Forum	ALL
18:05-18:50	Spinning	Forum	HI
18:15-19:00	Hi/Lo	Forum	ALL
18:30-19:00	Omnia	Forum	ALL
18:30-19:00	Kettlebells	Splash	ALL
18:45-19:30	Pound	Splash	ALL
18:45-19:15	Metafit	Pavilion	HI
18:50-19:35	Aqua Zumba	Forum	ALL
19:00-19:45	Boxercise	Forum	ALL
19:00-19:30	Metafit	Splash	HI
19:15-20:00	Body Combat	Forum	HI
19:20-20:05	Pound	Pavilion	ALL
19:30-20:20	Pilates	Splash	ALL
Tuesday			INTENSITY
07:00-07:30	Xpress Gym (11+)	Splash	11+
08:40-09:25	Active+ Aquafit (16+)	Forum	16+
08:45-09:30	Active+ Aquafit (16+)	Splash	16+
09:45-10:40	Piloxing (11+)	Forum	ALL
10:00-10:45	Active+ (16+)	Splash	2-3
11:00-11:45	Active+ 1-2 (16+)	Splash	1-2
11:00-12:00	50+	Pavilion	2-3

12:00-12:45	Clubbercise (16+)	Splash	ALL
12:30-13:00	Omnia (16+)	Forum	ALL
17:10-17:55	Barre Fitness (11+)	Splash	ALL
17:30-18:15	Body Combat (14+)	Forum	HI
17:55-18:40	Piloxing (11+)	Splash	ALL
18:00-18:30	Omnia (11+)	Forum	ALL
18:00-18:30	Xpress Gym (11+)	Pavilion	ALL
18:15-19:00	Bums & Tums (11+)	Forum	ALL
18:15-19:00	Aqua Bootcamp (11+)	Forum	ALL
18:15-19:00	Spinning (16+)	Pavilion	HI
18:20-18:50	Body Attack (14+)	Forum	HI
18:30-19:15	Pilates (16+)	Pavilion	ALL
18:45-19:30	Bums & Tums (11+)	Splash	ALL
18:50-19:40	Spinning (16+)	Forum	HI
18:55-19:35	Pilates (16+)	Forum	ALL
19:00-19:45	Clubbercise (16+)	Forum	ALL
19:15-20:00	Aquafit (11+)	Splash	ALL
19:30-20:15	Body Attack (14+)	Splash	HI
Wednesday			
07:00-07:30	Omnia (11+)	Forum	ALL
08:40-09:25	Active+ Aqua (16+)3-4	Forum	3-4
08:45-09:30	Active+ Aquafit (16+)2-3	Splash	2-3
09:10-09:55	Zumba (11+)	Forum	ALL
10:15-11:00	Active+ 1-2 (16+)	Splash	ALL
10:20-11:05	Zumba (11+)	Pavilion	ALL
10:30-11:00	Active+ Omnia (16+)2-3	Forum	ALL
10:30-11:15	Bums & Tums (11+)	Forum	ALL
12:00-12:30	Xpress Gym (11+)	Pavilion	ALL
12:15-13:00	Bootcamp Circuit (11+)	Splash	ALL
17:10-17:40	Kettlebells (16+)	Splash	ALL
17:30-18:00	Xpress Gym (11+)	Pavilion	ALL
17:45-18:25	Bootcamp Circuit (11+)	Splash	ALL
17:45-18:30	Piloxing (11+)	Pavilion	ALL
17:45-18:30	Clubbercise (16+)	Splash	ALL
17:50-18:35	Pump FX (18+)	Forum	ALL
18:00-18:30	Omnia (11+)	Forum	ALL
18:30-19:15	Spinning (16+)	Forum	HI
18:30-19:15	Clubbercise (16+)	Pavilion	ALL
18:30-19:15	Bums & Tums (11+)	Splash	ALL
18:40-19:25	Body Combat (14+)	Forum	HI
18:40-19:25	Hi/Lo (11+)	Forum	ALL

18:40-19:25	Spinning (16+)	Pavilion	HI
19:30-20:00	Kettlebells (16+)	Forum	ALL
19:30-20:15	Pound (11+)	Forum	ALL
19:30-20:15	Boxercise (16+)	Pavilion	ALL
Thursday			
07:00-07:30	Xpress Gym (11+)	Splash	ALL
08:40-09:25	Active+ Aqua (16+)	Forum	2-3
08:45-09:30	Active+ Aqua (16+)	Splash	2-3
09:20-10:05	Clubbercise (16+)	Forum	ALL
09:30-10:30	Pilates Back Care (16+)	Forum	50+
09:55-10:55	Active+ (16+)	Splash	3-4
10:00-11:00	Active+ (16+)	Pavilion	2-3
10:15-11:15	Active+ (16+)	Forum	2-3
11:00-11:45	Active+ (16+)	Splash	2-3
12:00-12:45	Spinning (16+)	Splash	HI
12:15-13:00	Pilates (16+)	Splash	ALL
12:30-13:00	Omnia (11+)	Forum	ALL
13:30-14:30	Tai Chi (16+)	Forum	ALL
13:30-14:30	50+ (16+)	Forum	ALL
17:30-18:15	Bums & Tums (11+)	Splash	ALL
17:30-18:15	Spinning (11+)	Splash	HI
17:30-18:15	Body Pump (16+)	Pavilion	ALL
17:45-18:15	Omnia (11+)	Forum	ALL
17:45-18:15	Metafit (16+)	Forum	HI
18:00-18:45	Zumba (11+)	Forum	ALL
18:15-19:00	Pilates (16+)	Forum	ALL
18:15-19:00	Spinning (16+)	Forum	HI
18:20-19:05	20/20 Bums & Tums Hi/Lo	Pavilion	HI
18:30-19:15	Aqua Zumba (11+)	Splash	ALL
18:30-19:15	Body Attack (14+)	Splash	HI
18:50-19:35	Clubbercise (16+)	Forum	ALL
19:05-19:50	Pound (11+)	Pavilion	ALL
19:15-20:00	Body Combat (14+)	Splash	HI
Friday			
08:40-09:25	Aqua Circuit (16+) 2-3	Forum	2-3
08:45-09:30	Active+ Aquafit (11+)2-3	Splash	2-3
09:30-10:15	Pilates (16+)	Pavilion	ALL
09:45-10:30	Active+ (16+)1-2	Forum	1-2
10:00-10:30	Xpress Gym (11+)	Pavilion	ALL
10:00-10:45	Bums & Tums (11+)	Forum	ALL

10:45-11:45	Tai Chi (16+)	Splash	ALL
12:00-12:30	Metafit (16+)	Splash	HI
12:00-12:30	Omnia Active+ (11+)	Forum	2-3
12:35-13:05	Bums & Tums (11+)	Splash	ALL
17:30-18:00	Xpress Gym (11+)	Pavilion	ALL
17:30-18:00	Omnia (11+)	Forum	ALL
17:45-18:30	Body Attack (14+)	Forum	HI
18:15-19:00	Step (11+)	Forum	ALL
18:15-19:00	Boxercise (16+)	Pavilion	ALL
Saturday			
09:30-10:00	Omnia (11+)	Forum	ALL
09:30-10:00	Xpress Spin (16+)	Forum	ALL
09:30-10:00	Xpress Gym (11+)	Splash	ALL
09:30-10:00	Xpress Gym (11+)	Pavilion	ALL
10:00-10:45	Pound (11+)	Forum	ALL
10:05-10:50	Spinning (16+)	Forum	HI
Sunday			
10:00-10:30	Xpress Omnia (11+)	Forum	ALL
10:00-10:30	Xpress Gym (11+)	Splash	ALL
16:00-16:45	Body Attack (14+)	Forum	HI
16:45-17:30	Clubbercise (16+)	Forum	ALL
17:00-17:45	Pound (11+)	Splash	ALL
17:20-18:10	Body Pump (18+)	Pavilion	HI
17:30-18:15	Zumba (11+)	Forum	ALL
18:15-19:00	Spinning (16+)	Forum	HI
18:15-19:00	Spinning (16+)	Pavilion	HI

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 & 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 based in Forum's gym and only available to Privilege/55+ members.

11+ Open to customers attending secondary school if accompanied by an adult
14+ Open to customers attending secondary school if accompanied by an adult
16+ Open to customers aged 16 years old +
18+ Open to customers aged 18 years old +
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.