

This timetable is valid from  
14th March 2017



# FITNESS CLASS TIMETABLE 2017

For fitness class prices please visit  
[www.aktiv8fitnessclubs.co.uk](http://www.aktiv8fitnessclubs.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    |
| 5.45-6.40   | 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 Gold        | 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       |
| 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    |

|             |                    |          |        |
|-------------|--------------------|----------|--------|
| 11.00-11.45 | Active+ (GP)       | Forum    | 1 to 2 |
| 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.