

Group Exercise Timetable

4th Sept -
17th Dec 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - Spin Sunrise Spinning®	06:30 - ST Sunrise Boxfit	06:30 - Spin Sunrise Spinning®	06:30 - ST Sunrise Yoga	06:30 - Spin / ST Sunrise Spin & Tone	08:30 - Spin Sunrise Spinning®	08:30 - Spin Sunrise Spinning®
06:30 - Gym Sunrise Express HIIT	06:30 - Gym Sunrise Express Full Body Blast	06:30 - ST Sunrise Total Body Workout	06:30 - Gym Sunrise Express Circuits	06:30 - Gym Sunrise Express Weights	08:30 - ST Sunrise LBT	08:30 - ST Sunrise BODYPUMP™
09:30 - ST Spinning®	09:15 - ST Stretch & Tone	06:30 - Gym Sunrise Express Circuits	08:45 - Gym Express Stretch & Flex	09:30 - ST Bootcamp	09:30 - ST Body Tone	09:30 - Gym Express Cardio & Core
10:15 - Gym Express Circuits	09:30 - Gym Express Cardio & Core	09:15 - Gym Strength & Condition	09:30 - Spin Spinning®	09:30 - Gym Get Active Easy Circuits	09:30 - Gym Express Ladies Who Lift	09:30 - ST Pilates
10:30 - ST Pilates	17:45 - Spin Spinning®	09:30 - Spin Spinning®	09:30 - ST Total Body Workout	10:30 - ST Begin to Yoga	09:45 - Spin Spinning®	11:00 - ST Get Active Easy Circuits
15:45 - ST Get Active Chair Fitness	17:45 - ST Zumba®	10:00 - Gym Express Pure Abs	10:20 - Gym Express Pure Abs	18:00 - Gym Express HIIT	10:30 - ST Stability Ball	
17:45 - Spin Spinning®	18:00 - Gym Express Strength	17:45 - ST Gun-Ex Conditioning	17:45 - Spin Spinning®		12:30 - ST Express Circuits	
17:45 - ST LBT	18:45-19:45 - Spin / ST Spin Circuits	18:00 - Gym Express Circuits	17:45 - ST BODYPUMP™			
18:00 - Gym Express Circuits	20:00 - ST Pilates	18:45 - Spin Spinning®	18:00 - Gym Express Strength			
18:45 - Spin Spinning®		18:45 - ST BODYPUMP™	18:45 - ST Circuits			
18:45 - ST Sh'Bam		19:45 - ST Pound				
19:45 - ST Yoga						

KEY:
ST = Studio / Spin = Spin Studio
Gym = Gym Floor

AEROBICS	MIND & BODY	STRENGTH & CONDITIONING
GYM FLOOR	SPINNING ®	GET ACTIVE SCHEME*

KEY:

HOW TO BOOK:

Achieve Lifestyle App

01784 333111

achieve lifestyle.co.uk



All Studio classes are currently 45 minutes and Gym Floor Fast Classes are 30 minutes unless stated
Please be aware of our cancellation policy and Junior membership entitlements before booking.
Please check the App for any timetable updates.

*Sessions are aimed at (but not limited to) the over 50s, those coming back from injury and those with a lack of mobility.