

Group Exercise Timetable

4th Sept -
17th Dec 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - S4 Sunrise Spinning®	06:30 - S4 Sunrise Spinning®	06:30 - S1 Sunrise Body Tone	06:30 - S3/S4 Sunrise Strength Spin	06:30 - S4 Sunrise Spinning®	08:30 - S4 Sunrise Spinning®	08:15 - S1 Sunrise BODYPUMP™
06:30-07:30 - Gym / S3 Sunrise Strength & Conditioning	06:30 - S1 Sunrise Yoga	06:30 - S4 Sunrise Spinning®	09:30 - S1 Ladies Who Lift	06:30 - S1 Sunrise Yoga	08:30 - S1 Sunrise Rebound	08:30 - S4 Sunrise Spinning®
09:15 - S3 HIIT	06:30 - S3 Sunrise Strength Circuit	07:00 - SP Sunrise Aqua Fit	09:30 - S4 Spinning®	06:30 - S3 Sunrise Boxfit	09:30 - S4 Spinning®	09:30 - S4 Spinning®
09:30 - S1 BODYPUMP™	09:30 - S3 Power Hoop	09:30 - S1 LBT	09:30 - S3 Dance Aerobics	09:30 - S1 BODYPUMP™	09:30 - S1 BODYPUMP™	09:30 - S1 BODYCOMBAT™
09:30 - S4 Spinning®	09:30 - S4 Spinning®	09:30 - S4 Spinning®	10:30 - S3 BODYCOMBAT™	09:30 - S4 Spinning®	10:30 - S1 BODYBALANCE™	10:30 - S1 Vinyasa Flow Yoga
10:15 - S3 Zumba	09:30 - S1 Step	09:30 - S3 Get Active Chair Fitness	10:30 - S1 Begin to Yoga	09:30 - S3 LBT		
10:30 - S1 Power Yoga	10:30 - S3 Pilates	10:30 - S1 Rebound	11:30 S3 Get Active Circuits	10:30 - S3 Pilates		
11:30-13:00 - S1 Healthy Hearts	10:30 - S1 Body Tone	10:30 - S3 Get Active Strength	14:30 - Arena Get Active Stretch & Balance	10:30-11:30 - S1 / S4 Spin Circuits		
12:15 - SP Aqua Zumba	11:30 - Gym Floor Get Active Circuits	11:45 - SP Aqua Stride	17:30 - S4 Spinning®	11:30 - S3 / Gym Functional Fitness		
17:30 - S4 Spinning®	17:30 - S4 Spinning®	12:15 - SP Aqua Fit	18:15 - S1 Step	11:45 - SP Aqua Stride		
18:00 - S1 BODYCOMBAT™	18:00 - S1 Body Sculpt	17:30 - S4 Spinning®	18:20 - S3 Ladies that Lift	12:15 - SP Aqua Aerobics		
18:30 - S3 Circuits	18:30 - S3 Power Hoop	18:00 - S1 HIIT	18:50 - SP Aquacise	17:45 - S4 Spinning®		
18:30-19:00 - S4 Begin To Spin	18:30 - S4 Spinning®	18:00 - S3 Zumba	19:15 - S3 / Gym Circuits	18:00 - S1 BODYPUMP™		
19:00 - S1 BODYPUMP™	18:50 - SP Aqua Fit	19:00 - S4 Spinning®	19:15 - S1 Yoga	18:00 - S3 Pilates		
19:15 - SP Aqua Fit	19:00 - S1 Rebound	19:00 - S1 Yoga				
20:00 - S1 BODYBALANCE™	19:30 - S3 Zumba	19:30 - S3 LBT				

HOW TO BOOK:



Achieve Lifestyle App

01784 333111

achieve lifestyle.co.uk



All classes are 45 minutes unless otherwise stated.
Please be aware of our cancellation policy and Junior membership entitlements before booking.
Please check the App for any timetable updates.

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

KEY:
S1 = Studio 1 / S2 = Studio 2 / S3 = Studio 3
S4 = Studio 4 / SP = Small Pool / G = Gym

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