

EASTER WEEKEND TIMETABLE



Friday 29th

Saturday 30th

Sunday 31st

Monday 1st April

08:30 - Spin Spinning®	08:30 - Spin Sunrise Spinning®	08:30 - Spin Sunrise Spinning®	08:30 - Spin Spinning®
09:30 - ST Bootcamp	08:30 - ST Sunrise LBT	08:30 - ST Sunrise BODYPUMP™	09:30 - ST Spinning®
09:30 - Gym Get Active Easy Circuits	09:30 - ST Body Tone	09:30 - Gym Express Cardio & Core	10:15 - Gym Express Circuits
10:30 - ST Begin to Yoga	09:30 - Gym Express Ladies Who Lift	09:30 - ST Pilates	10:15-11:15 - ST Pilates
	09:30 - Spin Spinning®	11:00 - ST Get Active Easy Circuits	
	12:30 - ST Express Circuits		

HOW TO BOOK:

Achieve Lifestyle App

01784 333111

achievelifestyle.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.

KEY:

ST = Studio

Spin = Spin Studio

Gym = Gym Floor

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

AEROBICS

MIND & BODY

SPINNING®

STRENGTH & CONDITIONING

GET ACTIVE SCHEME*

GYM FLOOR

EASTER WEEKEND TIMETABLE



Friday 29th

Saturday 30th

Sunday 31st

Monday 1st April

08:30 - S4 Sunrise Spinning®	08:30 - S4 Sunrise Spinning®	08:15 - S1 Sunrise BODYPUMP™	08:30 - S4 Sunrise Spinning®
09:30 - S1 BODYPUMP™	08:30 - S1 Sunrise Rebound	08:30 - S4 Sunrise Spinning®	09:15 - S3 HIIT
09:30 - S4 Spinning®	09:30 - S4 Spinning®	09:30 - S4 Spinning®	09:30 - S1 BODYPUMP™
09:30 - S3 LBT	09:30 - S1 BODYPUMP™	09:30 - S1 BODYCOMBAT™	09:30 - S4 Spinning®
10:30-11.30 - S 1/2 Pilates	10:30 - S1 BODYBALANCE™	10:30-11:30 - S1 Vinyasa Flow Yoga	10:15 - S3 Zumba
10.30-11.30 - S3 / S4 Spin Circuits			10:30-11:30 - S1 Power Yoga
11:45 - S3/Gym - Get Active Functional Fitness			11:30 - S2 - Get Active Strength and Movement
11:45 - SP Aqua Stride			11:45-13:00 - S1 Healthy Hearts
12:15 - SP Aqua Aerobics			12:15 - SP Aqua Zumba
12:45 - S3 Healthy Hearts			

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

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GYM FLOOR