

Christmas Timetable

23rd - 31st December



23rd	24th	27th	28th	29th	30th	31st	2nd
06:30 - Spin Sunrise Spinning®	08:30 - Spin Spinning®	07:30 - Spin / ST Sunrise Spin & Tone	08:30 - Spin Sunrise Spinning®	08:30 - Spin Sunrise Spinning®	09:30 - ST Spinning®	08:30 - Spin Spinning®	06:30 - Gym Sunrise Express Circuits
06:30 - Gym Sunrise Express HIIT	09:30 - 10:00 Gym Express Cardio & Core	09:15 - ST Bootcamp	08:30 - ST Sunrise LBT	09:30 - Gym Express Cardio & Core	10:15 - Gym Express Circuits	09:30 - 10:00 Gym Express Cardio & Core	08:45 - Gym Express Stretch & Flex
09:30 - ST Spinning®	09:30 - ST Body Tone	09:30 - Gym Get Active Easy Circuits	09:30 - ST Body Tone	11:00 - ST Get Active Easy Circuits	10:15-11:15 - ST Pilates	09:30 - ST Body Tone	09:30 - Spin Spinning®
10:15 - Gym Express Circuits		10:15-11:15 - ST Begin to Yoga	09:30 - Gym Express Ladies Who Lift		15:45 - ST Get Active Chair Fitness		10:20 - Gym Express Pure Abs
10:15-11:15 - ST Pilates		18:00 - Gym Express HIIT	09:30 - Spin Spinning®		17:45 - Spin Spinning®		17:45 - Spin Spinning®
15:45 - ST Get Active Chair Fitness			10:30 - ST Stretch and Flex		17:45 - ST LBT		17:45 - ST BODYPUMP™
17:45 - Spin Spinning®			12:30 - ST Express Cardio & Core		18:00 - Gym Express Circuits		18:00 - Gym Express Strength
17:45 - ST LBT					18:45 - Spin Spinning®		18:45 - ST Circuits
18:00 - Gym Express Circuits					18:45 - ST Zumba		
18:45 - Spin Spinning®							
18:45 - ST Zumba							
19:45-20:45 - ST Yoga							

HOW TO BOOK:



Achieve Lifestyle App



01784 333111



achievelifestyle.co.uk



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

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*

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