

# Christmas Timetable

23rd - 31st December



23rd	24th	27th	28th	29th	30th	31st	2nd
06:30 - S4 Sunrise Indoor Cycling®	09:30 - S3 Power Hoop	09:30 - S4 Indoor Cycling Studio	08:30- S3 Dance Aerobics	08:15 - S1 Sunrise BODYPUMP™	09:15 - S3 HIIT	09:30 - S3 Power Hoop	06:30 - S3/S4 Sunrise Strength Spin
06:30-07:30 Gym/S3 Sunrise Strength & Conditioning	09:30 - S4 Indoor Cycling	09:30 - S3 LBT	08:30- S4 Sunrise Indoor Cycling	08:30- S4 Sunrise Indoor Cycling	09:30 - S1 BODYPUMP™	09:30 - S4 Indoor Cycling	09:15 - S1 Ladies Who Lift
09:15 - S3 HIIT	09:30 - S1 Step	09:30 - S1 BODYPUMP™	08:30 - S1 Sunrise Rebound	09:30 - S4 Indoor Cycling	09:30 - S4 Indoor Cycling	09:30 - S1 Step	09:30 - S4 Indoor Cycling
09:30 - S1 BODYPUMP™	10:30 - S1 Body Tone	10:30-11:30 - S3 / S4 Indoor Cycling Circuits	09:30 - S4 Indoor Cycling	09:30 - S1 BODYCOMBAT™	10:30-11:30 - S1 Power Yoga	10:30 - S3 Pilates	09:30 - S3 Dance Aerobics
09:30 - S4 Indoor Cycling	11:30 - Gym Floor Get Active Circuits	10:30 - Meadow Room Healthy Hearts	09:30 - S1 BODYPUMP™	10:30-11:30 - S1 Vinyasa Flow Yoga	11:30 - S2 - Get Active Strength and Movement	10:30 - S1 Body Tone	10:30 - S3 BODYCOMBAT™
10:30-11:30 - S1 Power Yoga		11:45 - SP Aqua Stride	11:00 - S4 RAMP TESTING		11:45-13:00 - S1 Healthy Hearts	11:30 - Gym Floor Get Active Circuits	10:30-11:30 - S1 Begin to Yoga
11:30 - S2 - Get Active Strength and Movement		12:15 - SP Aqua Aerobics			12:15 - SP Aqua Zumba	11:30 - Court 1&2 Parent and Baby	11:30 - S3 Get Active Circuits
11:45-13:00 - S1 Healthy Hearts		12:45 - S3 Healthy Hearts			17:30 - S4 Indoor Cycling		17:30 - S4 Indoor Cycling
12:15 - SP Aqua Zumba		18:00-19:00 - S4 Indoor Cycling			18:00 - S1 BODYCOMBAT™		18:15 - S1 Step
17:30 - S4 Indoor Cycling		18:00 - S1 BODYPUMP™			18:30 - S3 Circuits		18:20 - S3 Ladies that Lift
18:00 - S1 BODYCOMBAT™		18:00-19:00 - S3 Pilates			18:30-19:00 - S4 Begin To Cycle		18:50 - SP Aquacise
18:30 - S3 Circuits							19:15 - S3 / Gym Circuits
18:30-19:00 - S4 Begin To Cycle							
19:00 - S1 BODYPUMP™							
19:15 - SP Aqua Fit							
20:00 - S1 BODYBALANCE™							

## HOW TO BOOK:

**Achieve Lifestyle App**

**01784 333111**

**achievelifestyle.co.uk**



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

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	INDOOR CYCLING	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.