

Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - CS Sunrise Indoor Cycling	06:30 - ST Sunrise Boxfit	06:30 - CS Sunrise Indoor Cycling	06:30 - Gym Sunrise Express Circuits	06:30 - CS Indoor Cycling Tone	08:30 - CS Sunrise Indoor Cycling	08:30 - CS Sunrise Indoor Cycling
06:30 - Gym Sunrise Express HIIT	06:30 - Gym Sunrise Express Full Body Blast	06:30 - Gym Sunrise Express Circuits	09:30 - CS Indoor Cycling	06:30 - Gym Sunrise Express Weights	08:30 - ST Sunrise LBT	08:30 - ST Sunrise BODYPUMP™
09:30 - ST Indoor Cycling	09:30-10:30 - ST Yogalates	09:15-10:00 - Gym Strength & Condition	10:20 - Gym Express Pure Abs	09:15 - ST Bootcamp	09:30 - ST Body Tone	09:30 - Gym Express Cardio & Core
10:15 - Gym Express Circuits	09:30 - Gym Express Cardio & Core	9:30 - ST BodyTone	17:45 - CS Indoor Cycling	09:30 - Gym Get Active Easy Circuits	09:30 - Gym Express Ladies Who Lift	09:30 - ST Pilates
10:15-11:15 - ST Pilates	17:45 - CS Indoor Cycling	09:30 - CS Indoor Cycling	17:45 - ST BODYPUMP™	10:15-11:15 - ST Begin to Yoga	09:30 - CS Indoor Cycling	11:00 - Gym Get Active Easy Circuits
17:45 - CS Indoor Cycling	17:45 - ST Zumba	10:00 - Gym Express Pure Abs	18:00 - Gym Express Strength	18:00 - Gym Express HIIT	10:30 - ST Stretch and Flex	
17:45 - ST LBT	18:00 - Gym Express Strength	10:30 - ST Stretch and Flex	18:45 - ST Circuits		12:30 - Gym Cardio & Core	
18:00 - Gym Express Circuits	18:45-19:45 - CS Indoor Cycling Circuits	17:45 - ST Body Sculpt				
18:45 - CS Indoor Cycling	20:00 - ST Stretch & Flex	18:00 - Gym Express Circuits				
18:45 - ST Zumba		18:45 - CS Indoor Cycling				
19:45-20:45 - ST Yoga		18:45 - ST BODYPUMP™				
		19:45-20:45 - ST Yoga				

KEY:

ST = Studio / CS = Cycling Studio
Gym = Gym Floor

AEROBICS	MIND & BODY	STRENGTH & CONDITIONING
GYM FLOOR	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.

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.