

GET ACTIVE TIMETABLE



Monday

11:30 - S2
Get Active
Strength and Movement

11:45 - S1
Get Active Cardio Conditioning

Tuesday

11:30 - S3
Get Active Circuits

Wednesday

09:30 - S3
Get Active Chair Fitness

10:30 - S3 - Get Active Strength &
Conditioning

Thursday

11:30 - S3
Get Active Easy Circuits

Friday




10:30 - S3
Get Active Cardio
Conditioning

11:30 - S3
Get Active Magic Ring

12:30 - S3
Get Active
Functional Fitness

Swipe through Reception no earlier than 20 minutes before a class. Please be aware of our cancellation policy. Check our App for any timetable updates.

How to book:

-  Achieve Lifestyle App
-  01784 333111
-  Visit our website

NEW timetable coming October 2025