



active
urmston

Weekly timetable

Updated
Jan 25

	Classes			Activities			
	Time	Class	LVL	Time	Class	LVL	
Monday	09.30-10.15	Keep Fit		09.00-12.00	Badminton		
	10.30-11.15	Step Up			16.00-18.00	Family Gym	
	18.00-19.00	Circuits and Abs Blast					
	19.15-20.00	Zumba					
Tuesday	10.15-11.15	Beginners Yoga		10.00-12.00	Social Pickleball		
	18.00-18.45	BoxFit		11.00-12.30	Walking Football*		
	18.45-19.30	Lower Body Blast		13.30-14.30	Supported Gym		
	19.45-20.30	LYT Yoga		16.00-18.00	Family Gym		
Wednesday	09.30-10.15	Circuits		10.30-12.30	Social Pickleball		
	18.15-19.00	Zumba		13.30-14.30	Walking Netball		
	19.00-19.45	Sweat		16.00-18.00	Family Gym		
				20.00-21.00	Back 2 Netball		
Thursday	09.30-10.15	Total Body Workout		11.00-12.00	Walking Football		
	18.15-19.00	Body WoD		13.30-14.30	Supported Gym		
	19.15-20.00	Pilates		16.00-18.00	Family Gym		
Friday	09.30-10.15	Legs, Bums & Tums		09.00-12.00	Social Badminton		
	10.30-11.30	Vinyasa Flow Yoga		10.30-12.30	Social Pickleball		
Saturday	09.00-10.00	Bootcamp					
	10.00-11.00	BoxFit					

** Please note that this activity is not included within memberships. £3 per session fee applies.

S Studio **S2** Studio 2 **G** Gym **TH** The Hub **SH** Sports Hall **G** The Gallery **SC** Squash Courts

Activity
Level

1. Back to exercise

2. Holistic Classes

3. Low Intensity

4. Moderate
Intensity

5. High Intense

SCAN ME
TO BOOK!

