

STUDIO TIMETABLE



Mind &
Body



Cardio



Dance



Alive P.T
Hour



Resistance

MON

9:00 – 10:00		Dynamic / Static Yoga	£2/£7	I	Sema
10:00 – 10:45		Spinning Booking recommended	£2/£7	B	Daniella
18:00 – 19:00		Dance Aerobics	£2/£7	I	John
19:00 – 20:00		The Whole Body Workout Alive Team Fitness	£2/£7	B	Toby
20:00 – 21:00		HOOLA HOOP DANCE (6 WEEKS WORKSHOP)	£45	B	Jo

TUE

10:00 – 11:00		Senior Class – Keep Fit	£2/£4.65	B	Carolla
11:00 – 12:00		Core & Stretches Alive Team Fitness	£2/£7	B	Jenny
18:00 – 19:00		Latin Dance Mix	£2/£7	B	Marta
19:00 – 20:00		Kettlebell Circuit	£2/£7	B	Matt
20:00 – 21:00		Zumba	£2/£5	B	Barry

WED

10:00 – 11:00		Spinning Booking recommended	£2/£7	B	Richard
18:00 – 19:00		The Whole Body Workout Alive Team Fitness	£2/£7	B	Toby
11:00 – 12:00		Kettlebell Conditioning	£2/£7	B	Jenny

THU

13:30 – 14:30		Jazz Dance	£2/£7	B	Marta
18:00 – 19:00		Boxercise	£2/£7	B	Matt
19:00 – 20:15		RU Yoga	£2/£7	B	Sema

FRI

9:00 – 10:00		Yoga in Motion Previous experience of yoga preferred	£2/£7	I	Lucy
10:00 – 10:45		Spinning Booking recommended	£2/£7	B	Jeff
11:00 – 12:00		Core Stability Alive Team Fitness	£2/£7	B	Toby
15:00 – 16:00		Alive Team Personal Training Hour	£2/7	B	Alive
18:00 – 19:00		Kettlebell Conditioning	£2/£7	B	Jenny

SAT

10:00 – 11:00		Boxercise	£2/£7	B	Matt
11:30 – 13:00		Shaolin Kung Fu	£2/£7	B	Marco
13:00 – 14:00		Adult Ballet Beginners Welcome	£2/£7	B	Ruth

SUN

10:00 – 11:00		Zumba	£2/£5	B	Barry
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* Studio cards and GOLD memberships cannot be used on non alive classes. Extra charge applies.

B = beginners, I = intermediate, A = advanced

Classes must be paid for at the time of booking. Please arrive 5 minutes early to ensure your place.