



## Active4Less Stevenage Studio Timetable

<b>Monday</b>			
09:30 - 10:30	TRX Toning (NEW)	All levels	Functional Studio
09:30 - 10:30	Aerobics	All levels	Main Studio
10:30 - 11:15	Body Conditioning	All levels	Main Studio
10:30 - 11:00	Studio Spin	All levels	Spin Studio
12:00 - 13:00	Cardiac Rehabilitation *	Beginner	Gym
17:00 - 18:15	Hatha Yoga	All levels	Main Studio
17:15 - 18:00	Studio Spin	All levels	Spin Studio
17:40 - 18:40	Zumba *	All levels	Fairlands School
18:20 - 19:30	Chi Ball Energise and Tone (NEW)	All Levels	Studio 1
18:30 - 19:30	Studio Spin	All levels	Spin Studio
18:45 - 19:45	Pole Fitness	All levels	Functional Studio
19:15 - 19:45	Spin Flex (NEW)	All Levels	Spin Studio
19:30 - 20:30	Zumba *	All levels	Round Diamond School
19:30 - 20:30	Street Dance (NEW)	All levels	Studio 1
19:45 - 21:15	Hatha Yoga	All levels	Functional Studio
<b>Tuesday</b>			
09:30 - 10:45	Yoga	All levels	Functional Studio
09:30 - 10:30	Circuits	All levels	Main Studio
09:45 - 10:45	Club Induction	New Members	Gym
10:30 - 11:15	Gym Circuit (NEW)	All levels	Gym
12:30 - 13:00	Studio Spin (NEW)	All levels	Spin Studio
16:15 - 17:15	Street Dance * (NEW)	Ages 6-11years	Studio 2
17:15 - 17:45	TRX Toning	All levels	Studio 2
18:00 - 19:00	Pilates	All levels	Functional Studio
18:15 - 19:00	Studio Spin	All levels	Spin Studio
18:30 - 19:30	20-20-20	All levels	Main Studio
18:30 - 19:30	Park Active * (NEW)	All Levels	Gym
19:00 - 20:00	Pole Fitness	All levels	Functional Studio
19:00 - 19:45	Studio Spin	All levels	Spin Studio
20:00 - 21:30	Hatha Yoga	All levels	Functional Studio
20:00 - 22:00	Kickboxing *	All levels	Main Studio
20:15 - 21:00	Studio Spin	All levels	Spin Studio
<b>Wednesday</b>			
09:30 - 10:30	Step	All levels	Main Studio

09:30 - 10:15	Spin Flex	All levels	Spin Studio
12:00 - 13:00	Boxercise	All levels	Functional Studio
13:30 - 14:30	Cardiac Rehabilitation *	Beginner	Gym
15:30 - 16:30	Club Induction	New Members	Gym
17:30 - 18:30	Spin Circuit (NEW)	All levels	Spin & Functional Studio
18:00 - 19:00	Pole Fitness	All levels	Functional Studio
18:15 - 19:00	Aerobics	All levels	Main Studio
18:30 - 19:30	Spin Circuit (NEW)	All levels	Spin & Functional Studio
18:30 - 19:30	Zumba *	All levels	Martinswood School
18:45 - 20:15	Ladies Squash Training (NEW)	All levels	Squash Courts
19:00 - 19:45	Pump	All levels	Main Studio
20:00 - 21:45	Kickboxing *	All levels	Main Studio
<b>Thursday</b>			
09:15 - 10:00	TRX Toning (NEW)	All Levels	Studio 2
09:30 - 10:30	Pilates	All levels	Main Studio
10:00 - 11:00	Club Induction	New Members	Gym
10:30 - 11:15	Studio Spin	All Levels	Spin Studio
14:00 - 15:00	Cardiac Rehabilitation *	Beginner	Main Studio
15:30 - 16:30	Pilates *	All levels	Functional Studio
17:30 - 18:15	Fitball Circuit (NEW)	All levels	Main Studio
17:45 - 18:15	Kettlebell Training	ALL	Studio 1
18:00 - 18:15	Introduction to Spin	Beginner	Spin Studio
18:15 - 19:00	Studio Spin	All levels	Spin Studio
18:30 - 19:30	Zumba	All levels	Fairlands School
18:30 - 19:30	Pole Fitness (NEW)	Beginner	Studio 2
19:00 - 20:00	Park Active * (NEW)	All Levels	Gym Reception
19:15 - 19:45	Studio Spin	All levels	Spin Studio
19:30 - 22:00	Kickboxing *	All levels	Main Studio
19:30 - 20:30	Pole Fitness (NEW)	All Levels	Studio 2
20:00 - 20:30	Spin Circuit (NEW)	All Levels	Spin Studio
20:00 - 21:00	Club Induction	New Members	Gym
20:30 - 21:30	Pole Fitness (NEW)	Advanced	Studio 2
<b>Friday</b>			
09:15 - 10:00	TRX Toning	Beginner	Functional Studio
09:30 - 10:30	Zumba	All levels	Main Studio
09:30 - 10:15	Studio Spin	All levels	Spin Studio
16:00 - 17:00	Junior Weights Induction (NEW)	Ages 13-16	Gym
17:00 - 18:00	Club Induction	New Members	Gym
17:30 - 18:30	Cardiac Rehabilitation *	Beginner	Gym
18:00 - 18:30	Kettlebell Training (NEW)	All Levels	Studio 2
18:15 - 19:00	Studio Spin	All levels	Spin Studio
18:30 - 19:30	Kickboxing *	Ages 7-12	Main Studio
18:30 - 20:00	Street Dance (NEW)	All Levels	Studio 2
<b>Saturday</b>			
09:00 - 09:30	Studio Spin (NEW)	All levels	Gym Functional Area
10:00 - 10:30	Studio Spin	All levels	Spin Studio

10:00 - 11:00	Boxercise (NEW)	All levels	Functional Studio
10:30 - 12:00	Junior Squash	Junior	Squash Courts
12:00 - 13:00	Club Induction	New Members	Gym
<b>Sunday</b>			
09:30 - 10:00	Studio Spin	All levels	Spin Studio
10:00 - 10:30	Kettlebell Training (NEW)	ALL	Studio 2
10:15 - 13:15	Kickboxing *	All levels	Main Studio
12:00 - 13:00	Club Induction	New Members	Gym
12:00 - 13:00	Kickboxing *	Ages 7-12	Main Studio

\* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Stevenage - 01438 358071

3rd December, 2017

<http://stevenage.active4less.com/>