



Active4Less Stevenage Studio Timetable

| Monday | | | |
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| 09:30 - 10:30 | TRX Toning (NEW) | All levels | Functional Studio |
| 09:30 - 10:30 | Aerobics | All levels | Main Studio |
| 10:30 - 11:00 | Studio Spin | All levels | Spin Studio |
| 10:30 - 11:15 | Body Conditioning | All levels | Main Studio |
| 12:00 - 13:00 | Cardiac Rehabilitation * | Beginner | Gym |
| 17:00 - 18:15 | Hatha Yoga | All levels | Main Studio |
| 17:00 - 18:00 | Circuits (NEW) | All levels | Studio 2 |
| 17:15 - 18:00 | Studio Spin | All levels | Spin Studio |
| 17:40 - 18:40 | Zumba | All levels | Functional Studio |
| 18:15 - 19:00 | Just Move it | All levels | Main Studio |
| 18:30 - 19:30 | Studio Spin | All levels | Spin Studio |
| 18:45 - 19:45 | Pole Fitness | All levels | Functional Studio |
| 19:00 - 19:30 | Pump | All levels | Main Studio |
| 19:15 - 19:45 | Spin Flex (NEW) | All Levels | Spin Studio |
| 19:30 - 20:30 | Zumba * | All levels | Round Diamond School |
| 19:45 - 20:45 | Street Dance | All levels | Main Studio |
| 19:45 - 21:15 | Hatha Yoga | All levels | Functional Studio |
| Tuesday | | | |
| 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 |
| 17:00 - 18:00 | Metabolic Circuit (NEW) | All levels | Functional Studio |
| 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 - 19:15 | Gym Circuit | 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 |
| Wednesday | | | |

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| 09:30 - 10:15 | Spin Flex | All levels | Spin Studio |
| 09:30 - 10:30 | Step | All levels | Main Studio |
| 13:00 - 14:00 | Boxercise (NEW) | 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 - 20:00 | Running Club | All levels | Outdoors |
| 19:00 - 19:45 | Pump | All levels | Main Studio |
| 20:00 - 21:45 | Kickboxing * | All levels | Main Studio |
| Thursday | | | |
| 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 |
| 18:00 - 18:15 | Introduction to Spin | Beginner | Spin Studio |
| 18:00 - 18:30 | Kettlebell Training (NEW) | ALL | Studio 1 |
| 18:15 - 19:00 | Studio Spin | All levels | Spin Studio |
| 18:30 - 19:30 | Boxercise * (NEW) | All levels | Main Studio |
| 18:30 - 19:30 | Zumba | All levels | Fairlands School |
| 18:30 - 19:30 | Street Dance (NEW) | All levels | Studio 2 |
| 19:15 - 19:45 | Studio Spin | All levels | Spin Studio |
| 19:30 - 22:00 | Kickboxing * | All levels | Main Studio |
| 19:45 - 20:45 | Pole Fitness | All levels | Functional Studio |
| 20:00 - 21:00 | Club Induction | New Members | Gym |
| 20:00 - 20:30 | Spin Circuit (NEW) | All Levels | Spin Studio |
| Friday | | | |
| 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 |
| Saturday | | | |
| 09:00 - 09:30 | Studio Spin (NEW) | All levels | Gym Functional Area |

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| 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 |
| 10:45 - 11:30 | TRX Toning | Beginner | Functional Studio |
| 11:00 - 12:00 | Boxercise (NEW) | All Levels | Studio 2 |
| 12:00 - 13:00 | Club Induction | New Members | Gym |
| 13:00 - 14:00 | Capoeira (NEW) | All levels | Main Studio |
| Sunday | | | |
| 09:30 - 10:00 | Studio Spin | All levels | Spin Studio |
| 10:00 - 10:45 | Running Club (NEW) | All levels | Reception Area |
| 10:00 - 10:30 | Kettlebell Training (NEW) | ALL | Studio 2 |
| 10:15 - 11:00 | Metabolic Circuit (NEW) | All levels | Gym Functional Area |
| 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

19th May, 2012

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