

Active Health Timetable

Day	Class	Time	Location
Monday	Active Health Gym	10.30am - 11.30am	Gym
	Active Health Stretch	11.30am - 12.15pm	Fitness Studio
Tuesday	Active Health Gym	10.30am - 11.30am	Gym
	Active Health Studio	11.30am - 12.30pm	Fitness Studio
	Active Health Circuit	1.30pm - 2.30pm	Fitness Studio/ Gym
Wednesday	Active Health Gym	10.30am - 11.30am	Gym
Thursday	Active Health Gym	10.30am - 11.30am	Gym
	Active Health Studio	11.30am - 12.30pm	Fitness Studio/ Gym
	Active Health Circuit	1.30pm - 2.30pm	Fitness Studio/ Gym
	Active Health Chair	2.30pm - 3.15pm	HLC
Friday	Active Health Gym	10.30am - 11.30pm	Gym
Saturday	Active Health Gym	10.00am - 11.00am	Gym

Prices: £4.20 per class