



active  
urmston

# Weekly timetable

Updated!

	Classes			Activities			
	Time	Class	Area	Time	Class	Area	
<b>Monday</b>	09:30-10:15	Keep Fit with Ryan	S	09:00-12:00	Badminton Social	SH	
	10:30-11:15	Step up	S		15:00-17:00	Pickleball Match Play	SH
	16:00-18:00	Family Gym	G				
	18:00-18:30	H.I.I.T	S				
	20:15-21:00	Zumba	S				
<b>Tuesday</b>	7:15-7:45	Strength 30	S2	10:00-12:00	Pickleball	SH	
	10:00-11:00	Morning Yoga Flow	S	11:00-13:00	Walking Football*	SH	
	16:00-18:00	Family Gym	G	13:00-14:00	Supported Gym	G	
	18:45-19:30	Legs, Bums & Tums	S	17:00-18:00	Ladies Walking Football***	SH	
	19:45-20:30	Yoga (LYT)	S				
<b>Wednesday</b>	09:30-10:15	Circuits	SH	10:30-12:30	Pickleball	SH	
	16:00-18:00	Family Gym	G	11:00-12:00	Walking Cricket	SH	
	18:30-19:15	Zumba	S	17:00-18:00	Walking Netball	SH	
	19:30-20:00	Fast 30	S2	20:00-21:00	Back 2 Netball	SH	
<b>Thursday</b>	9:30-10:15	Gentle Circuits	S	11:00-12:00	Walking Football	SH	
	16:00-18:00	Family Gym	G	13:00-14:00	Supported Gym	G	
	18:00-19:00	BoxFit	S				
	19:20-19:50	Strength 30	S2				
<b>Friday</b>	9:30-10:15	Legs, Bums & Tums	S	09:00-12:00	Badminton Social	SH	
	16:00-18:00	Family Gym	G	10:30-12:30	Pickleball	SH	
<b>Saturday</b>	09:00-10:00	Bootcamp	S				
	10:00-11:00	BoxFit	S				

\*Please note that this activity is not included within memberships, an additional fee for this activity will apply.

\*\* Yoga Mama Baby £5 per session to non-members

\*\*\*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

SCAN ME  
TO BOOK!



be **fit** be **well** be **together**

Building a closer community through health & wellbeing