

Weekly timetable

Updated!

active urmston	Classes			Activities		
	Time	Class	Area	Time	Class	Area
Monday	09:30-10:15 10:30-11:15 16:00-18:00 18:00-18:30 20:15-21:00	Keep Fit with Ryan Step up Family Gym H.I.I.T Zumba	\$ \$ \$ \$ \$	09:00-12:00 15:00-17:00	Badminton Social Pickleball Match Play	SH SH
Tuesday	7:15-7:45 10:00-11:00 16:00-18:00 18:45-19:30 19:45-20:30	Strength 30 Morning Yoga Flow Family Gym Legs, Bums & Tums Yoga (LYT)	\$2 \$ \$ \$ \$	10:00-12:00 11:00-13:00 13:00-14:00 17:00-18:00	Pickleball Walking Football* Supported Gym Ladies Walking Football**	\$ 1 \$ 1 \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$
Wednesday	09:30-10:15 16:00-18:00 18:30-19:15 19:30-20:00	Circuits Family Gym Zumba Fast 30	SH G S S2	10:30-12:30 11:00-12:00 17:00-18:00 20:00-21:00	Pickleball Walking Cricket Walking Netball Back 2 Netball	
Thursday	9:30-10:15 16:00-18:00 18:00-19:00 19:20-19:50	Gentle Circuits Family Gym Boxfit Strength 30	\$ G \$ \$2	11:00-12:00 13:00-14:00	Walking Football Supported Gym	\$ 1
Friday	9:30-10:15 16:00-18:00	Legs, Bums & Tums Family Gym	S G	09:00-12:00 10:30-12:30	Badminton Social Pickleball	\$ 1
Saturday	09:00-10:00 10:00-11:00	Bootcamp Boxfit	\$ \$		SCAN ME	

^{*}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

S Studio S2 Studio 2 G Gym TH The Hub



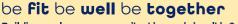












Building a closer community through health & wellbeing



^{***}Please note that this activity is not included within memberships. £3 per session fee applies.