



active
urmston

Weekly timetable

	Classes			Activities		
	Time	Class	Area	Time	Class	Area
Monday	09:30-10:15	Keep Fit with Ryan	S	09:00-12:00	Badminton Social	SH
	10:30-11:15	Step up	S			
	16:00-18:00	Family Gym	G			
	18:00-18:30	H.I.I.T	S			
	20:15-21:00	Zumba	S			
Tuesday	07:15-07:45	Fast 30	S2	10:00-12:00	Pickleball	SH
	10:00-11:00	Morning Yoga Flow	S			
	11:15-12:15	Yoga Mama Baby	TH	11:00-12:00	Walking Football *	SH
	16:00-18:00	Family Gym	G			
	19:45-20:30	Yoga (LYT)	S			
Wednesday	09:30-10:15	Circuits	SH	10:30-12:30	Pickleball	SH
	16:00-18:00	Family Gym	G			
	18:30-19:15	Zumba	S	11:00-12:00	Walking Cricket	SH
	19:30-20:00	Fast 30	S2			
Thursday	10:00-10:45	Gentle Circuits	S	11:00-12:00	Walking Football	SH
	16:00-18:00	Family Gym	G			
	18:00-19:00	Boxfit	S	20:00-21:00	Back 2 Netball	SH
	19:15-20:15	Pilates	S			
	19:20-19:50	Fast 30	S2			
Friday	16:00-18:00	Family Gym	G	09:00-12:00	Badminton Social	SH
	18:00-18:30	Fast 30	S2			
Saturday	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.

- S** Studio **S2** Studio 2 **G** Gym **TH** The Hub
- SH** Sports Hall **G** The Gallery **SC** Squash Courts

