



active
urmston

Weekly timetable

Updated!

| | Classes | | | Activities | | | |
|-----------|-------------|------------------------|-----|-------------|--------------------------|------------|--|
| | Time | Class | LVL | Time | Class | LVL | |
| Monday | 09.30-10.15 | Keep Fit | | 09.00-12.00 | Badminton | | |
| | 10.30-11.15 | Step Up | | | 16.00-18.00 | Family Gym | |
| | 18.00-19.00 | Circuits and Abs Blast | | | | | |
| | 19.15-20.00 | Zumba | | | | | |
| Tuesday | 10.00-11.00 | Beginners Yoga | | 10.00-12.00 | | Pickleball | |
| | 18.45-19.30 | Lower Body Blast | | 11.00-12.30 | Walking Football* | | |
| | 19.45-20.30 | LYT Yoga | | 13.00-14.00 | Supported Gym | | |
| | | | | 16.00-18.00 | Family Gym | | |
| Wednesday | 09.30-10.15 | Circuits | | 17.00-18.00 | Ladies Walking Football* | | |
| | 18.15-19.00 | Zumba | | 10.30-12.30 | Pickleball | | |
| | 19.00-19.45 | Sweat | | 11.00-12.00 | Walking Cricket | | |
| | | | | 13.30-14.30 | Walking Netball | | |
| Thursday | 09.30-10.15 | Gentle Circuits | | 16.00-18.00 | Family Gym | | |
| | 18.00-19.00 | BoxFit | | 20.00-21.00 | Back 2 Netball | | |
| | 19.10-19.55 | Pilates | | 11.00-12.00 | Walking Football | | |
| | | | | 13.00-14.00 | Supported Gym | | |
| Friday | 09.30-10.15 | Legs, Bums & Tums | | 09.00-12.00 | Badminton | | |
| | 10.30-11.30 | Vinyasa Flow Yoga | | 10.30-12.30 | Pickleball | | |
| Saturday | 09.00-10.00 | Bootcamp | | | | | |
| | 10.00-11.00 | BoxFit | | | | | |

** 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

Activity Level

1. Back to exercise

2. Holistic Classes

3. Low Intensity

4. Moderate Intensity

5. High Intense

SCAN ME TO BOOK!

