



Active4Less Burnham Studio Timetable

Monday			
09:45 - 10:30	Active Fit Pump (NEW)	All Levels	Studio 1
12:00 - 13:00	Fitness Pilates	All Levels	Main Studio
12:00 - 13:00	Active Boot Camp	All Levels,	Mixed Locations
12:00 - 13:00	Active Core and Strength	All Levels	Main Studio
12:00 - 13:00	Yoga	All Levels	Main Studio
12:15 - 13:00	Studio Spin (NEW)	All Levels	Spin Area
12:30 - 13:15	Pilates (NEW)	All Levels	Studio 1
18:30 - 19:30	Zumba (NEW)	All Levels	Studio 1
19:30 - 20:30	Hips, Bums and Tums (NEW)	All Levels	Studio 1
Tuesday			
06:45 - 07:30	Active Sunrise Circuits (NEW)	All Levels	Studio 1
12:15 - 13:00	Active Ab Fab (NEW)	All Levels	Studio 1
Wednesday			
09:30 - 10:30	Aerobics (NEW)	All Levels	Aerobic Studio
17:30 - 18:00	Studio Spin (NEW)	All Levels	Spin Area
17:30 - 18:30	Pilates (NEW)	All Levels	Aerobic Studio
18:30 - 19:00	Functional Circuit (NEW)	All Levels	Functional Area
18:30 - 19:30	Body Conditioning (NEW)	All Levels	Aerobic Studio
Thursday			
09:30 - 10:30	Pilates (NEW)	All Levels	Aerobic Studio
10:00 - 10:45	Studio Spin (NEW)	All Levels	Spin Area
10:30 - 11:30	Club Induction (NEW)	New Members	Gym
12:00 - 13:00	Studio Cycling	All Levels	Spin Area
17:30 - 18:00	Studio Spin (NEW)	All Levels	Spin Area
18:30 - 19:00	Functional Circuit (NEW)	All Levels	Functional Area
18:30 - 19:30	Zumba (NEW)	All Levels	Aerobic Studio
19:30 - 20:30	Circuit Training (NEW)	All Levels	Aerobic Studio
Friday			
10:00 - 10:45	Studio Spin (NEW)	All Levels	Spin Area
17:30 - 18:00	Studio Spin (NEW)	All Levels	Spin Area
18:30 - 19:00	Functional Circuit (NEW)	All Levels	Functional Area
18:30 - 19:30	Body Conditioning (NEW)	All Levels	Aerobic Studio
Saturday			
09:30 - 10:30	Circuit Training (NEW)	All Levels	Aerobic Studio

10:00 - 10:45	Studio Spin (NEW)	All Levels	Spin Area
11:00 - 12:00	Club Induction (NEW)	All Levels	Gym
Sunday			
09:00 - 09:30	Studio Spin (NEW)	All Levels	Spin Area
10:00 - 11:00	Functional Circuit (NEW)	All Levels	Aerobic Studio

* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Burnham - 01628 290273

6th November, 2015

<http://burnham.active4less.com/>