



Active4Less Uxbridge Studio Timetable

Monday			
09:45 - 10:30	AeroStep (NEW)	All Levels	Studio 1
12:15 - 12:45	Fit Pump (NEW)	All Levels	Studio 1
12:45 - 13:30	Pilates	All Levels	Studio 1
17:00 - 17:45	Hour of Power	Beg / Int	Studio 1
18:00 - 19:00	Hour of Power	Int / Adv	Studio 1
18:15 - 19:00	Studio Cycling	Beginner	Spin Studio
19:00 - 20:00	Pole Dancing * (NEW)	All Levels	Studio 2
19:15 - 20:00	Studio Cycling	All Levels	Spin Studio
19:30 - 20:30	Ladies Boot Camp	All Levels	Studio 1
Tuesday			
06:45 - 07:30	Wakey Wakey Boot Camp	All Levels	Studio 1
09:45 - 10:45	Zumba	All Levels	Studio 1
12:15 - 12:45	Studio Cycling (NEW)	Beginner	Spin Studio
12:45 - 13:30	Studio Cycling	All Levels	Spin Studio
12:45 - 13:15	Boxercise (NEW)	All Levels	Studio 1
13:15 - 13:45	Ab Fab (NEW)	All Levels	Studio 1
18:00 - 19:00	Hips Bums and Tums	All Levels	Studio 1
18:15 - 19:00	Studio Cycling (NEW)	All Levels	Spin Studio
19:00 - 20:00	Ball Pilates	All Levels	Studio 1
20:00 - 21:00	Zumba	All Levels	Studio 1
Wednesday			
06:45 - 07:30	Circuits	All Levels	Studio 1
08:00 - 20:30	Group Inductions	All Levels	Gym
09:45 - 10:30	Boxercise (NEW)	All Levels	Studio 1
12:15 - 12:45	KettleBells (NEW)	All Levels	Studio 1
12:45 - 13:15	Skip Aerobics (NEW)	All Levels	Studio 1
13:15 - 13:45	Circuits (NEW)	All Levels	Studio 1
17:15 - 18:00	Strike	All Levels	Studio 2
18:15 - 19:00	Studio Cycling	Beginner	Spin Studio
19:00 - 19:45	Fit Pump (NEW)	All Levels	Studio 1
19:15 - 20:00	Studio Cycling	All Levels	Spin Studio
20:00 - 21:00	Master Ladies Boot Camp *	All Levels	Studio 1
Thursday			
06:45 - 07:30	Early Bird Studio Cycling	All Levels	Spin Studio
12:15 - 12:45	AeroStep (NEW)	All Levels	Spin Studio

12:45 - 13:15	Core	All Levels	Studio 1
13:15 - 13:45	Stretch	All Levels	Studio 1
17:15 - 18:00	Zumba	All Levels	Studio 1
18:00 - 19:00	Hips Bums and Tums	All Levels	Studio 1
18:15 - 18:45	Studio Cycling (NEW)	Beginner	Spin Studio
19:00 - 20:00	Boxercise	All Levels	Studio 1
19:00 - 20:00	Pole Dancing * (NEW)	All Levels	Studio 2
20:00 - 21:00	Zumba	All Levels	Studio 1
Friday			
06:45 - 07:30	Circuits	All Levels	Studio 1
09:45 - 10:30	KettleBells (NEW)	All Levels	Studio 1
12:15 - 12:45	Ab Fab (NEW)	All Levels	Studio 1
12:45 - 13:30	Uber Circuits	All Levels	Studio 1
17:15 - 18:00	Fit Pump	All Levels	Studio 1
18:15 - 19:30	Yoga	All Levels	Studio 1
Saturday			
08:30 - 15:00	Group Inductions	All Levels	Gym
10:30 - 12:00	Mega Bike	Int / Adv	Spin Studio
10:30 - 11:30	Zumba	All Levels	Studio 1
14:30 - 15:30	Pole Dancing * (NEW)	All Levels	Studio 2
15:30 - 16:30	Pole Dancing Practice * (NEW)	All Levels	Studio 2
Sunday			
10:00 - 11:00	Hour of Power	All Levels	Studio 1

* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Uxbridge - 01895 271217

3rd December, 2012

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