



## Active4Less Cirencester Studio Timetable

Monday			
10:00 - 11:00	Functional Fitness	All Levels	Studio
12:00 - 13:00	Beginner Astanga Yoga * (NEW)	Beginner	Main Studio
17:30 - 18:00	Active Core	All Levels	Main Studio
18:00 - 19:00	Zumba	All Levels	Main Studio
18:15 - 19:00	Active Spin	All Levels	Spin Studio
Tuesday			
10:00 - 10:45	Active Swiss Ball (NEW)	All Levels	Main Studio
10:45 - 11:15	Bokwa (NEW)	All Levels	Main Studio
18:00 - 19:00	Active Pump	All Levels	Main Studio
19:00 - 19:30	Active Core	All Levels	Main Studio
Wednesday			
10:00 - 11:00	Zumba	All Levels	Main Studio
12:00 - 13:00	Ashtanga Yoga * (NEW)	All Levels	Main Studio
18:00 - 19:00	Zumba (NEW)	All Levels	Main Studio
18:15 - 19:00	Active Spin	All Levels	Spin Studio
18:30 - 19:30	Step and Tone	All Levels	Main Studio
Thursday			
10:00 - 11:00	ZEST	All Levels	Main Studio
11:00 - 11:30	Legs Tums and Bums	All Levels	Main Studio
17:45 - 18:45	Active Circuits	All Levels	Main Studio
18:50 - 19:50	Pilates Abs and Stretch	All Levels	-
Friday			
10:00 - 11:00	Step and Tone	All Levels	-
12:30 - 13:30	Just Pilates	All Levels	-
17:30 - 18:30	Ashtanga Yoga * (NEW)	All Levels	Main Studio
18:15 - 19:00	Active Spin	All Levels	Spin Studio
Saturday			
Sunday			

\* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Cirencester - 01285 643366

18th October, 2017

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