

Tuesday 19 Mar 2019	Duration	Intensity Level
09:00 -- Yoga	60 mins	★ ★ ★ ★
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Step/ Beginner Step	60 mins	★ ★ ★ ★
10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	★ ★ ★ ★
13:00 -- Active Life Aquafit (Beach area available)	60 mins	★ ★ ★ ★
18:00 -- Spinning	45 mins	
19:00 -- Aquafit (Beach area available)	60 mins	★ ★ ★ ★
19:00 -- Pump FX	50 mins	★ ★ ★ ★

Wednesday 20 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Circuits	50 mins	★ ★ ★ ★
09:30 -- Hydro HIIT (Beach area available)	29 mins NEW	★ ★ ★ ★
10:30 -- Studio Cycle	45 mins	★ ★ ★ ★
10:30 -- Yoga	60 mins	★ ★ ★ ★
17:30 -- Yoga (Iyenga Yoga)	75 mins	★ ★ ★ ★
18:00 -- Spin Circuits	45 mins	★ ★ ★ ★
19:00 -- Kettlebells	50 mins	★ ★ ★ ★
19:00 -- Triathlon (Castle Tri Club 19.00-21.00) (Masters 1 Lane 19.00-20.00)	120 mins	

Thursday 21 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Kettlebells	50 mins	★ ★ ★ ★

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Aquafit (Beach area available)	45 mins	⊕ ⊕ ⊕ ⊕
16:30 -- Junior Gym	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Step/ Beginner Step	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Aquafit (Beach area available)	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Bootcamp	45 mins	⊕ ⊕ ⊕ ⊕

Friday 22 Mar 2019	Duration	Intensity Level
09:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Abs	15 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Legs, Bums & Tums	50 mins	⊕ ⊕ ⊕ ⊕
10:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Zumba	50 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Aquajog (Beach area available)	29 mins NEW	⊕ ⊕ ⊕ ⊕
11:30 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕
12:10 -- Aquafit (Beach area available) (Main pool reserved for aquafit 12.00-13.00)	45 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Abs	15 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕

Saturday 23 Mar 2019	Duration	Intensity Level
09:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

Sunday 24 Mar 2019	Duration	Intensity Level
09:30 -- Kettlebells	50 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

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Monday 25 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	☆☆☆☆
09:30 -- Pump FX	50 mins	☆☆☆☆
10:30 -- Active Life Class	50 mins	
11:15 -- Running	60 mins	
11:30 -- Pilates	60 mins	☆☆☆☆
12:30 -- Aquafit (Beach area available)	45 mins	☆☆☆☆
16:30 -- Junior Gym	45 mins	☆☆☆☆
18:00 -- Spinning	45 mins	
19:00 -- Metafit	30 mins	☆☆☆☆
19:00 -- Pilates	60 mins	☆☆☆☆

Tuesday 26 Mar 2019	Duration	Intensity Level
09:00 -- Yoga	60 mins	☆☆☆☆
09:15 -- Abs	15 mins	☆☆☆☆
09:30 -- Step/ Beginner Step	60 mins	☆☆☆☆
10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	☆☆☆☆
13:00 -- Active Life Aquafit (Beach area available)	60 mins	☆☆☆☆
18:00 -- Spinning	45 mins	
19:00 -- Aquafit (Beach area available)	60 mins	☆☆☆☆
19:00 -- Pump FX	50 mins	☆☆☆☆

Wednesday 27 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	☆☆☆☆
09:30 -- Circuits	50 mins	☆☆☆☆
09:30 -- Hydro HIIT (Beach area available)	29 mins NEW	☆☆☆☆
10:30 -- Studio Cycle	45 mins	☆☆☆☆
10:30 -- Yoga	60 mins	☆☆☆☆
17:30 -- Yoga (Iyenga Yoga)	75 mins	☆☆☆☆

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18:00 -- Spin Circuits	45 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Kettlebells	50 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Triathlon (Castle Tri Club 19.00-21.00) (Masters 1 Lane 19.00-20.00)	120 mins	

Thursday 28 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Kettlebells	50 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Aquafit (Beach area available)	45 mins	⊕ ⊕ ⊕ ⊕
16:30 -- Junior Gym	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Step/ Beginner Step	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Aquafit (Beach area available)	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Bootcamp	45 mins	⊕ ⊕ ⊕ ⊕

Friday 29 Mar 2019	Duration	Intensity Level
09:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Abs	15 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Legs, Bums & Tums	50 mins	⊕ ⊕ ⊕ ⊕
10:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Zumba	50 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Aquajog (Beach area available)	29 mins NEW	⊕ ⊕ ⊕ ⊕
11:30 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕
12:10 -- Aquafit (Beach area available) (Main pool reserved for aquafit 12.00-13.00)	45 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Abs	15 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕

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Saturday 30 Mar 2019	Duration	Intensity Level
09:00 -- Pilates	60 mins	★ ★ ★ ★
09:15 -- Studio Cycle	45 mins	★ ★ ★ ★

Sunday 31 Mar 2019	Duration	Intensity Level
09:30 -- Kettlebells	50 mins	★ ★ ★ ★
10:30 -- Studio Cycle	45 mins	★ ★ ★ ★

Monday 01 Apr 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Pump FX	50 mins	★ ★ ★ ★
10:30 -- Active Life Class	50 mins	
11:15 -- Running	60 mins	
11:30 -- Pilates	60 mins	★ ★ ★ ★
12:30 -- Aquafit (Beach area available)	45 mins	★ ★ ★ ★
16:30 -- Junior Gym	45 mins	★ ★ ★ ★
18:00 -- Spinning	45 mins	
19:00 -- Metafit	30 mins	★ ★ ★ ★
19:00 -- Pilates	60 mins	★ ★ ★ ★

Tuesday 02 Apr 2019	Duration	Intensity Level
09:00 -- Yoga	60 mins	★ ★ ★ ★
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Step/ Beginner Step	60 mins	★ ★ ★ ★
10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	★ ★ ★ ★
13:00 -- Active Life Aquafit (Beach area available)	60 mins	★ ★ ★ ★
18:00 -- Spinning	45 mins	
19:00 -- Aquafit (Beach area available)	60 mins	★ ★ ★ ★
19:00 -- Pump FX	50 mins	★ ★ ★ ★

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 Prudhoe Water World  @ActiveNland