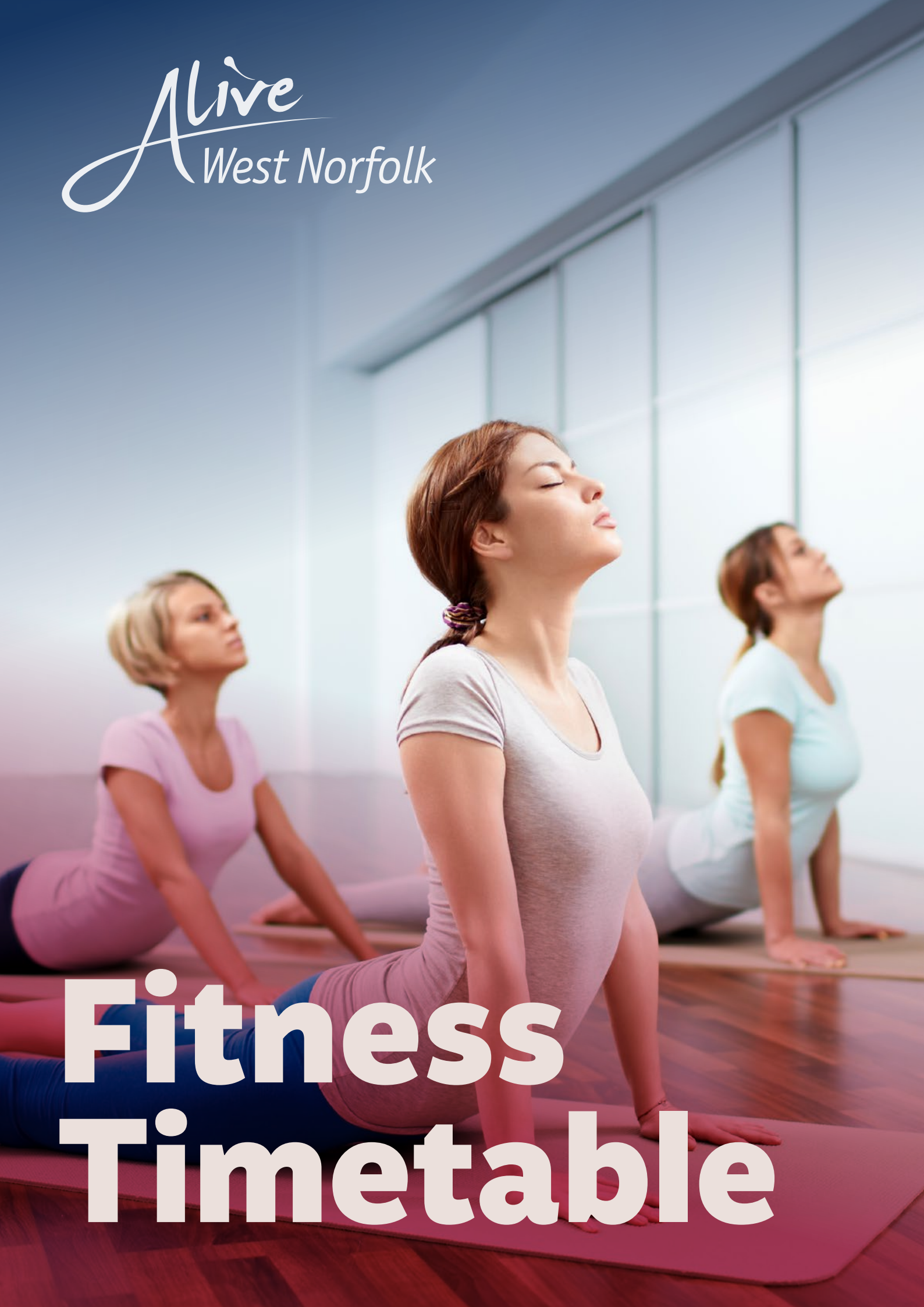


Alive
West Norfolk



Fitness Timetable

Lynnsport

St James Pool

Downham Leisure

Oasis

01553 818001		01553 764888		01366 386868		01485 534227	
Monday		Monday		Monday		Monday	
● Group Cycling	6.45am–7.30am			● Zumba	9.15am–10am	● Aqua Zumba	9am–9.45am
● Body Pump	9.15am–10am			● BLT	10.30am–11.15am	● Zumba	10am–10.45am
● Group Cycling	10am–10.45am			● Body Balance	11.30am–12.15pm	● Zumba Gold	11am–11.45am
● Body Combat	10.15am–11am			● Group Cycling	5.30pm–6.15pm	● Water Aerobics	7.15pm–8pm
● Pilates	11.15am–12pm			● Group Cycling	6.30pm–7.15pm		
● Alive Step FAMILY 14+	5.45pm–6.30pm			● Body Attack	7.30pm–8.15pm		
● Group Cycling FAMILY 8+ 2	6pm–6.45pm			● Body Pump	8.20pm–9.05pm		
● Body Combat	6.45pm–7.30pm						
● Group Cycling	7pm–7.45pm						
● GlowBeatz	7.45pm–8.30pm						
Tuesday		Tuesday		Tuesday		Tuesday	
● NIA	10am–10.45am	● Water Aerobics	6.30pm–7.15pm	● Group Cycling	9.15am–10am	● Water Aerobics	9am–9.45am
● Body Pump	5.45pm–6.30pm			● Aerobics	10.15am–11am	● Aerobics Gold	9.30am–10.15am
● Group Cycling	6pm–6.45pm			● Yoga	11.30am–12.15pm	● Core Stability	10.30am–11.15am
● Body Attack	6.45pm–7.30pm			● Body Pump	5.15pm–6pm	● Yoga	11.30am–12.15pm
● Group Cycling	7pm–7.45pm			● Group Cycling	6.30pm–7.15pm	● Yoga	12.30pm–1.15pm
				● Water Aerobics	7pm–7.45pm	● Bootcamp	6pm–6.45pm
				● Body Balance	7.30pm–8.15pm	● Alive HIIT NEW	7pm–7.45pm
Wednesday		Wednesday		Wednesday		Wednesday	
● Body Pump	6.45am–7.30am	● Water Aerobics ⁴	2pm–2.45pm	● Group Cycling	9.15am–10am	● NIA	9.15am–10am
● Tai Chi	9.30am–10.15am			● Body Pump	10.30am–11.15am	● NIA	10.15am–11am
● Beatz 13+	10.30am–11.15am			● Tai-Flow Tai Chi	11.30am–12.15pm	● Alive Circuits	6pm–6.45pm
● Pilates	5.45pm–6.30pm			● Group Cycling	6pm–6.45pm	● Aerobics	7pm–7.45pm
● Group Cycling	6pm–6.45pm			● Alive Step	7pm–7.45pm		
● Body Combat	6.45pm–7.30pm			● Zumba	8pm–8.45pm		
● Group Cycling	7pm–7.45pm						
● Body Pump	7.45pm–8.30pm						
Thursday		Thursday		Thursday		Thursday	
● Core Stability	9.30am–10.15am	● Water Aerobics	7pm–7.45pm	● Alive Step	9.15am–10am	● Water Aerobics	9am–9.45am
● Aerobics Gold ¹	10.30am–11.15am			● Group Cycling NEW	10.30am–11.15am	● Aerobics Gold	10am–10.45am
● Body Pump	5.30pm–6.15pm			● Zumba	11.30am–12.15pm	● Core Stability	11am–11.45am
● Group Cycling	6pm–6.45pm			● Water Aerobics Gold	1.45pm–2.30pm	● BLT	6pm–6.45pm
● Body Attack	6.30pm–7.15pm			● Group Cycling	5.45pm–6.30pm	● Specialist Bootcamp ³ NEW	6pm–6.45pm
● Group Cycling	7pm–7.45pm			● Body Pump	7pm–7.45pm	● Pump	7pm–7.45pm
● Alive Step	7.30pm–8.15pm			● Body Balance	8pm–8.45pm		
Friday		Friday		Friday		Friday	
● Group Cycling	6.45am–7.30am			● Group Cycling	9.30am–10.15am	● NIA	9.15am–10am
● Tai Chi	9am–9.45am			● Yoga	11.30am–12.15pm	● NIA	10.15am–11am
● BLT	10am–10.45am						
● Body Combat	11am–11.45pm						
● Body Pump	5.45pm–6.30pm						
● Group Cycling	6pm–6.45pm						
● Bootcamp	7pm–7.45pm						
Saturday		Saturday		Saturday		Saturday	
● Body Pump	9.30am–10.15am			● Group Cycling	9.15am–10am		
● Group Cycling	10am–10.45am			● Body Pump	10.15am–11am		
● Yoga	10.45am–11.30am						
● Group Cycling	11am–11.45pm						
Sunday		Sunday		Sunday		Sunday	
● Bootcamp	9am–9.45am			● Group Cycling FAMILY 8+ 2	9.30am–10.15am		
● Body Attack	10am–10.45am			● Alive HIIT NEW	10.30am–11.15am		

KEY NOTES

1. These sessions are included within the 50+ programmes
2. Height and leg length restrictions apply
3. Specialist 6 week class, please speak to a member of staff for more information
4. Only during half term

Timetable correct at time of print, this can be subject to change. Visit our website for up to date times and classes.

● Cardio HIIT

High Intensity Interval Training takes the intensity to the next level, working you to near maximum effort for short periods of time.

● Strength & Conditioning

Strengthen your muscles to tone and sculpt your body. A strong toned body will make you less susceptible to injuries, increase bone health and burn more calories.

● Cardio

Burn calories and boost fitness fast. These classes raise your heart rate and get your heart and lungs fitter whilst burning calories.

● Gold

Designed with the over 50's in mind. These sociable classes are lower intensity which places less stress on the body whilst focusing on the benefits of increased cardiovascular health, strength, co-ordination and mobility.

● Core

These classes help target your inner core unit, abdominal and lower back muscles to improve posture, strength and stability.

● Family Friendly

Open to younger members from 8yrs+, unless specified otherwise. Juniors can come and enjoy a fun class experience with a parent or guardian.

● Mind Body & Wellbeing

These classes help to reduce life's stresses Relax, re-energise and improve flexibility.

As restrictions ease Alive are committed to keeping customers and staff safe. We recommend you continue to follow our guidance below:



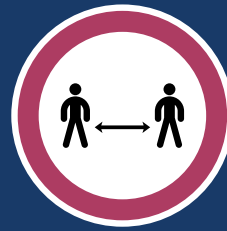
If you feel unwell, please stay at home



Come gym/swim ready (and shower at home)



Wash and sanitise your hands regularly



Don't be a space invader



Sanitise surfaces before and after use



Be kind and respectful to others



We recommend you continue to wear a face covering

Responsibly supporting the Covid-19 Recovery Strategy

Borough Council of King's Lynn & West Norfolk



PROTECT WEST NORFOLK

 FRESH AIR

 TESTING

 FACE COVERINGS

 APP

 HANDWASHING