

ALIVE Fitness Class Timetable

Lynnsport

01553 818001

Monday	
● Group Cycling	6.45am–7.30am
● Les Mills Body Pump	9.15am–10am
● Group Cycling	10am–10.45am
● Pilates	11.15am–12pm
● Legs, Glutes & Core	5.45pm–6.30pm
● Group Cycling FAMILY 8+ 2	6pm–6.45pm
● Les Mills Pilates	6.45pm–7.30pm
● Group Cycling FAMILY 8+ 2	7pm–7.45pm
● GlowBeatz	7.45pm–8.30pm
Tuesday	
● NIA	10am–10.45am
● Les Mills Body Pump	5.45pm–6.30pm
● Group Cycling	5.45pm–6.30pm
● Les Mills Body Attack	6.45pm–7.30pm
● Group Cycling	6.45pm–7.30pm
Wednesday	
● Les Mills Body Pump	6.45am–7.30am
● Beatz 13+	10.15am–11am
● Core Stability	11.15am–12pm
● Yoga	5.45pm–6.30pm
● Group Cycling	6pm–6.45pm
● Les Mills Body Pump	6.45pm–7.30pm
● Group Cycling	7pm–7.45pm
Thursday	
● Core Stability	9.30am–10.15am
● Zumba Gold1	10.30am–11.15am
● Les Mills Body Pump	5.30pm–6.15pm
● Group Cycling	5.45pm–6.30pm
● Les Mills Body Attack	6.30pm–7.15pm
● Group Cycling	6.45pm–7.30pm
Friday	
● Group Cycling	6.45am–7.30am
● Tai Chi	9am–9.45am
● Legs, Glutes & Core	10am–10.45am
● Yoga	11am–11.45pm
● Les Mills Body Pump	5.30pm–6.15pm
● Zumba	6.30pm–7.15pm
Saturday	
● Group Cycling	9am–9.45am
● Les Mills Body Pump	9.30am–10.15am
● Yoga	10.30am–11.15am
Sunday	
● Bootcamp	9am–9.45am
● Group Cycling FAMILY 8+ 2	10am–10.45am

Oasis

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Monday	
● Aqua Zumba	9am–9.45am
● Zumba	10am–10.45am
● Total Body Conditioning	5.45pm–6.30pm
● Water Aerobics	7.15pm–8pm
Tuesday	
● Water Aerobics	9am–9.45am
● Aerobics Gold	9.30am–10.15am
● Core Stability	10.30am–11.15am
● Yoga	11.30am–12.15pm
● Yoga	12.30pm–1.15pm
● Bootcamp	6pm–6.45pm
● HIIT	7pm–7.45pm
Wednesday	
● NIA	9.45am–10.30am
● NIA	10.45am–11.30am
● Zumba Gold	11.45am–12.30pm
● Circuits	6pm–6.45pm
● Aerobics	7pm–7.45pm
Thursday	
● Water Aerobics	9am–9.45am
● Aerobics Gold	10am–10.45am
● Core Stability	11am–11.45am
● Sit to Fit	12pm–12.30pm
● Legs, Glutes & Core	6pm–6.45pm
● Pump	7pm–7.45pm
Friday	
● NIA	9.30am–10.15am
● NIA	10.30am–11.15am
Saturday	
● Step Aerobics	10am–10.45am
● Core Stability	11am–11.45am
Sunday	

Downham Leisure

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Monday	
● Zumba	9.15am–10am
● Legs, Glutes & Core	10.15am–11am
● Les Mills Body Balance	11.15am–12pm
● Water Aerobics	1.45pm–2.30pm
● Group Cycling	5.30pm–6.15pm
● Group Cycling	6.30pm–7.15pm
● Les Mills Body Pump	7.30pm–8.15pm
Tuesday	
● Group Cycling	9.15am–10am
● Aerobics	10.15am–11am
● Les Mills Body Balance	11.15am–12pm
● Les Mills Body Pump	5.45pm–6.30pm
● Legs, Glutes & Core	6.45pm–7.30pm
● Water Aerobics	7pm–7.45pm
● Core Stability	7.45pm–8.30pm
Wednesday	
● Group Cycling	9.15am–10am
● Total Body Conditioning	10.15am–11am
● Tai Chi	11.15am–12pm
● Group Cycling	6pm–6.45pm
● Total Body Conditioning	7pm–7.45pm
● Zumba	8pm–8.45pm
Thursday	
● Les Mills Body Pump	9.15am–10am
● Les Mills Body Balance	10.15am–11am
● Zumba	11.15am–12pm
● Water Aerobics Gold	1.45pm–2.30pm
● Group Cycling	6pm–6.45pm
● Les Mills Body Pump	7pm–7.45pm
● Core Stability	8pm–8.45pm
Friday	
● Legs, Glutes & Core	9.15am–10am
● Tai Chi	10.15am–11am
● Yoga	11.15am–12pm
Saturday	
● Group Cycling	9.15am–10am
● Les Mills Body Pump	10.15am–11am
Sunday	
● Les Mills Body Pump	9.30am–10.15am
● Group Cycling 30	10.30am–11am

St James Pool

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Monday	
Tuesday	
● Water Aerobics	6.15pm–7pm
Wednesday	
● Water Aerobics	2pm–2.45pm
Thursday	
● Water Aerobics	7pm–7.45pm
Friday	
Saturday	
Sunday	

KEY NOTES

- These sessions are included within the 50+ programmes
- Height and leg length restrictions apply

- Only during half term

BEGINNER FRIENDLY SESSIONS

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 reduce stress. Relax, re-energise and improve flexibility.