

ACTIVEFITNESS^{HQ}

AFHQ

2024 WINTER TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
5:30AM	5AM CLUB 45	5AM CLUB 45	5AM CLUB 45	5AM CLUB 45	5AM CLUB 45		
6:00AM							
6:30AM	STRENGTH & CONDITIONING 60	Strength Development 45	STRENGTH & CONDITIONING 60	RAPID FIT 45	LES MILLS BODY PUMP 60		
7:00AM							
7:30AM							
8:00AM	LES MILLS GRIT 30					STRENGTH & CONDITIONING 60	LES MILLS Shapes 45
8:30AM	LES MILLS BODYCOMBAT 60	LES MILLS BODY PUMP 60	LES MILLS BODYSTEP 60	LES MILLS BODY PUMP 60	LES MILLS BODYATTACK 60	LES MILLS BODYSTEP 60	LES MILLS BODY PUMP 60
9:00AM		LES MILLS CORE 30		LES MILLS CORE 30	LES MILLS BODY PUMP 60	LES MILLS BODY PUMP 60	
9:30AM	AF STRENGTH 60	LES MILLS BODYATTACK 30	AF STRENGTH 60	JAPANESE KI YOGA 60	FOREVER FIT 60		
10:00AM							
10:30AM							
11:00AM		FOREVER FIT 60					
11:30AM							
4:30PM							
5:00PM	LES MILLS BODY PUMP 60		LES MILLS Shapes 45				
5:30PM	LES MILLS CORE 30	LES MILLS BODY PUMP 60	LES MILLS GRIT 30	LES MILLS BODYCOMBAT 30			
6:00PM	LES MILLS BODYATTACK 30		LES MILLS CORE 30	LES MILLS BODY PUMP 60	DANCE FIT 45		GROUP FITNESS
6:30PM							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM				KI YOGA FLOW 60			
7:00AM							
8:30AM							
9:00AM	BARRE 45	YOGA FLOW 60	BARRE 45	PILATES 60	YOGA FLOW 60		
9:30AM							
10:00AM	YOGA FLOW 60	PILATES 45	YOGALATES 60		BARRE 45	YOGALATES 60	YOGA 60
10:30AM							
11:00AM	FOREVER FIT EXPRESS 30						
11:30AM	FIT TO BE 30		AGELESS 60		EXPRESS AGELESS 30		
12:00PM							
5:30PM							
6:00PM		BARRE 45					
6:30PM	YIN YOGA 60		YOGA 60				
7:00PM		HEATED YOGA 60		HOT PILATES 45			
7:30PM							WELLNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM		BOOTCAMP 45			BOOTCAMP 45		
8:00AM							
8:30AM							
9:00AM						BOOTCAMP 45	
9:30AM		EXPRESS BOOTCAMP 30		EXPRESS BOOTCAMP 30			
5:30PM			EXPRESS BOOTCAMP 30				
6:00PM	BOOTCAMP 60						OUTDOORS
6:30PM							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM	CYCLE 45		CYCLE 45				
7:00AM							
6:00PM							
6:30PM			EXPRESS CYCLE 30				
7:00PM	EXPRESS CYCLE 30						CYCLE

SPECIALISED CLASSES

AF STRENGTH experience the power and intensity of our full-body strength group fitness class, where dynamic movements ignite every muscle, torch calories, and leave you feeling stronger and more alive than ever before.

AGELESS is a movement-based class that empowers you to enhance balance, coordination, and functional strength. Embrace the power of movement, and redefine what it means to be ageless!

BARRE a low impact, high intensity workout combining the best of Pilates, cardio and resistance training. Suitable for all fitness levels, Barre focuses on movements that will strengthen and lengthen muscles whilst building stability and support throughout the joints.

BOOTCAMP get ready to sweat! Unleash your inner warrior in our bootcamp, where functional equipment and challenging exercises push your physical and mental limits to new heights, leaving you stronger, fitter, and ready to conquer any challenge.

CYCLE This one is going to be a challenging and rewarding experience. As you climb, your heart rate will increase and your muscles burn. A rush of adrenaline as you pedal faster and harder in surging sprints, will leaving you feeling accomplished and energized.

DANCE FIT Get ready to groove and sweat in our dance fit class! Energising beats, dynamic moves, and fun choreography make every session a party for your body and soul.

FIT TO BE is a self-paced circuit that is effective and an enjoyable way to improve functional strength and overall fitness. This one is for everyone it's fun to be fit.

FOREVER FIT is a fantastic option for individuals of all ages and fitness levels. This class focuses on combining strength, fitness, balance and co-ordination providing a low-impact workout that still offers high energy and effective results.

HOT PILATES is a high-energy class blending Pilates principles with dynamic movements in a heated room. Strengthen your core, improve flexibility, and enhance endurance in this exhilarating workout experience.

PILATES is a truly amazing way to strengthening the core, increasing flexibility, and improving coordination. Pilates is a low-impact exercise that involves a series of controlled movements that focuses on the body's core muscles, including the abdomen, back, and hips.

RAPID FIT is a dynamic fast-paced group fitness class designed to enhance both your strength and cardiovascular fitness levels in just 45 minutes. The class incorporates a combination of exercises utilising barbells, body weight movements, and cardio elements to elevate your heart rate and challenge your entire body.

STRENGTH & CONDITIONING is designed to enhance physical performance and improve overall fitness levels. Classes typically include a combination of resistance training, weightlifting, and cardiovascular exercises to target different aspects of fitness. This workout can be beneficial for all ages and fitness levels, as the intensity and difficulty of the exercises can be adjusted to match each individual's abilities.

LES MILLS CLASSES

BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYCOMBAT a high energy non-contact martial arts-based workout. Punch and kick your way to getting fitter while having fun and burning lots of calories.

BODYPUMP a strength class using a barbell and weight plates. You will tone and shape your entire body, improve core strength and bone health. The high rep effect builds muscular endurance and allows you to burn lots of calories during and after the class.

BODYSTEP is a cardio workout to improve overall fitness that will also tone and shape your butt and thighs. It's a fun and energetic way to burn calories. This class is designed for all fitness levels, as you chose the exercise that is right for you.

CORE a workout for incredible core definition and sports performance using resistance bands, weights and bodyweight exercises. This class is all about building strength, stability and endurance in the muscles that supports your core.

GRIT is scientifically-designed to take your fitness to the next level. The HIIT effect means you increase aerobic fitness, unleash fast-twitch muscle fibres and grow lean muscle tissue, burning fat.

SHAPES is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training. **LIMITED EDITION**

STRENGTH DEVELOPMENT is progressive strength training, meaning each workout focuses on a specific training protocol for building strength over the 12 workouts. This ranges from Foundational Strength, to Hypertrophy, to Pure Strength, while the structure and feel is very different to Bodypump. **LIMITED EDITION**

YOGA CLASSES

JAPANESE YOGA this is a yoga like you have never done before. It emphasises gentle movements, combines traditional yoga poses with Japanese holistic techniques like meridian stretching and breathing exercises, promoting physical and mental balance. This class is mostly taught on the floor.

HEATED YOGA is a type of Yoga performed in a heated room around 32-40 degrees. The heat is intended to loosen muscles and increase flexibility, as well as promote sweating for detoxification.

YOGA a unique hybrid of various yoga modalities. Designed to improve movement, flexibility and overall well-being.

YOGA FLOW is a harmonious sequence of poses that seamlessly transition, focusing on breath, promoting strength, flexibility, and mindfulness for overall well-being.

YOGALATES is a dynamic fusion of yoga and Pilates, blending strength, flexibility, and core work. Integrating yoga's mindfulness and breath with Pilates precision and control, creating a balanced and effective practice for body and mind. Offering a comprehensive workout that improves strength, posture, and overall body awareness.

YIN YOGA is a slow-paced style where poses are held for longer periods, targeting deep connective tissues and fascia. It promotes relaxation, flexibility, and mindfulness.

For more information or to view the timetable online scan the QR code.

