



Active4Less Hove Studio Timetable

Monday			
07:00 - 07:45	Pump	All Levels	Main Studio
09:30 - 10:15	Zumba	All Levels	The Dance Station
10:15 - 11:00	Legs Bums Tums	All Levels	The Dance Station
12:30 - 13:00	Spin	All Levels	Spin Shed
13:00 - 13:30	Abs	All Levels	Main Studio
17:00 - 17:45	Step	All Levels	Main Studio
17:15 - 18:00	Spin	All Levels	Spin Shed
18:00 - 18:45	Legs Bums Tums	All Levels	St Richard's
18:00 - 19:00	Latino Mix	All Levels	Main Studio
18:15 - 19:00	Spin	All Levels	Spin Shed
18:30 - 19:30	Zumba	All Levels	St Andrew's Hall
19:00 - 19:15	Beginner Spin Set-up	Beginners	Spin Shed
19:15 - 20:15	Uber Circuits	All Levels	Main Studio
19:15 - 20:00	Spin	All Levels	Spin Shed
19:30 - 20:30	Power Yoga *	All Levels	St Andrew's Church Hall
20:30 - 21:30	Pole Dance with Passion4Pole *	Beginners	Main Studio
Tuesday			
07:00 - 07:30	Spin	All Levels	Spin Shed
07:30 - 08:00	Abs	All Levels	Main Studio
09:30 - 10:30	Yogalates	All Levels	Main Studio
12:30 - 13:15	Kickboxing	All Levels	Main Studio
17:30 - 18:15	Pump	All levels	Main Studio
17:30 - 18:15	Spin	All levels	Spin Shed
17:30 - 18:15	Aerobics	All Levels	St Andrew's School
18:15 - 18:30	Beginner Spin Set-up	Beginners	Spin Shed
18:30 - 19:15	Box and Abs	All levels	Studio
18:30 - 19:15	Zumba	All Levels	St Andrew's School
18:30 - 19:15	Spin	All Levels	Spin Shed
19:30 - 20:15	Spin	All Levels	Spin Shed
19:30 - 20:30	Hatha Yoga *	All Levels	St Andrew's School
20:30 - 21:30	Pole Dance with Pole Performers *	All levels	Studio
Wednesday			
07:00 - 07:45	Pump	All Levels	Main Studio
09:30 - 10:15	Fat Burner	All Levels	The Dance Station
10:15 - 11:00	Legs Bums Tums	All Levels	The Dance Station

12:15 - 12:30	Beginner Spin Set-up	Beginners	Spin Shed
12:30 - 13:00	Spin	All Levels	Spin Shed
13:00 - 13:30	Abs	All Levels	Main Studio
17:30 - 18:15	Body Conditioning	All Levels	St Andrew's School
18:00 - 18:45	Spin	All Levels	Spin Shed
18:00 - 19:00	Uber Circuits	All Levels	Studio
18:15 - 19:00	Zumba	All Levels	St Andrew's School
19:00 - 20:00	Power Yoga *	All Levels	St Andrew's School
19:00 - 20:00	Step	All Levels	Main Studio
19:00 - 19:45	Spin	All levels	Spin Shed
20:15 - 21:15	Pole Dance with Passion4Pole *	Intermediate/Advance	Studio
20:15 - 21:00	Fusion	All levels	Vibro Studio
Thursday			
07:00 - 07:45	Spin	All Levels	Spin Shed
12:30 - 13:15	Zumba	All Levels	Main Studio
15:30 - 18:00	Matt Fiddes Mighty Matts *	Ages 3-6	Studio
17:15 - 18:00	Spin	All Levels	Spin Shed
17:30 - 18:15	Zumba	All Levels	St Andrew's School
17:45 - 18:30	Pump	All Levels	Main Studio
18:00 - 18:15	Beginner Spin Set-up	Beginners	Spin Shed
18:15 - 19:00	Pilates	All Levels	St Andrew's School
18:15 - 19:00	Spin	All Levels	Spin Shed
18:30 - 19:15	Pump	All levels	Main Studio
19:00 - 19:45	Aerobics	All Levels	St Andrew's School
19:15 - 20:00	Spin	All Levels	Spin Shed
19:15 - 20:00	Boxing	All Levels	Main Studio
19:45 - 20:30	Legs Bums Tums	All Levels	St Andrew's School
20:00 - 21:00	Matt Fiddes Adults *	All levels	Studio
Friday			
09:30 - 10:30	Yogalates	All levels	Main Studio
09:30 - 10:15	Spin	All Levels	Spin Shed
10:30 - 11:30	Box and Abs	All Levels	Main Studio
12:30 - 13:00	Spin	All Levels	Spin Shed
13:00 - 13:30	Abs	All Levels	Main Studio
16:30 - 17:15	Zumbatomic Big Starz *	Ages 8-12	Main Studio
17:30 - 18:15	Pump	All Levels	Main Studio
18:00 - 18:15	Beginner Spin Set-up	Beginners	Spin Shed
18:15 - 19:00	Zumba	All levels	Main Studio
18:15 - 19:00	Spin	All Levels	Spin Shed
19:00 - 19:45	Zumba Toning (NEW) Starts on Fri 1st June	All Levels	Main Studio
Saturday			
09:00 - 10:00	Uber Circuits	All Levels	Main Studio
09:15 - 10:15	Zumba	All Levels	The Dance Station
09:30 - 10:15	Spin	All Levels	Spin Shed
10:00 - 10:45	Step	All Levels	Main Studio
10:15 - 10:30	Beginner Spin Set-up	Beginners	Spin Shed
10:30 - 11:15	Spin	All Levels	Spin Shed

10:45 - 11:30	Pump	All Levels	Main Studio
11:30 - 12:15	Body Conditioning	All Levels	Main Studio
Sunday			
09:30 - 10:15	Spin	All levels	Spin Shed
09:30 - 10:15	Zumba	All Levels	Main Studio
10:15 - 10:30	Beginner Spin Set-up	Beginners	Spin Shed
10:30 - 11:15	Spin	All Levels	Spin Shed
10:30 - 11:15	Pilates	All Levels	Main Studio
11:15 - 12:00	Pilates	All Levels	Main Studio
13:00 - 14:00	Pole Dance with Passion4Pole * (NEW)	Beginners	Studio
15:00 - 16:00	Zumba	All Levels	Main Studio

* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Hove - 01273 415 515

19th May, 2012

www.active4lesshove.com