




# ACTIVE NATION RUNCORN GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>ACTIVE CIRCUITS</b> 06.30 - 07.00 STUDIO	<b>ACTIVE SPIN</b> 09.30 - 10.15 CYCLING STUDIO	<b>VIBE CYCLE</b> 09.30 - 10.15 CYCLING STUDIO	<b>ACTIVE CIRCUITS</b> 06.30 - 07.00 STUDIO	<b>VIBE CYCLE</b> 09.30 - 10.15 CYCLING STUDIO	<b>YOGA</b> 09.00 - 10.00 STUDIO	<b>ACTIVE CIRCUITS</b> 10.15 - 11.00 STUDIO
	<b>ACTIVE LBT</b> 09.30 - 10.15 STUDIO	<b>ACTIVE PUMP</b> 10.15 - 11.15 STUDIO	<b>DANCERCISE</b> 09.30 - 10.30 STUDIO	<b>ACTIVE SPIN</b> 09.30 - 10.15 CYCLING STUDIO	<b>POP MOBILITY</b> 09.30 - 10.15 STUDIO	<b>ACTIVE SPIN</b> 09.30 - 10.15 CYCLING STUDIO	<b>VIBE CYCLE</b> 10.30 - 11.15 CYCLING STUDIO
	<b>YOGA</b> 10.20 - 11.20 STUDIO		<b>YOGA</b> 10.30 - 11.30 STUDIO	<b>ACTIVE PUMP</b> 10.15 - 11.00 STUDIO	<b>YOGA</b> 10.30 - 11.30 STUDIO	<b>KETTLECISE</b> 10.15 - 11.15 STUDIO	<b>ACTIVE PUMP</b> 11.15 - 12.00 STUDIO
						<b>FAMILY FIT</b> 13.00 - 13.45 STUDIO	
	<b>ACTIVE BOOTCAMP</b> 17.30 - 18.15 STUDIO	<b>VIBE CYCLE</b> 18.30 - 19.15 CYCLING STUDIO	<b>BODY BLAST</b> 18.00 - 18.30 STUDIO	<b>ACTIVE ABS</b> 17.30 - 18.00 STUDIO	<b>VIBE CYCLE</b> 18.15 - 19.00 CYCLING STUDIO		
	<b>VIBE CYCLE</b> 18.15 - 19.00 CYCLING STUDIO	<b>ZUMBA</b> 19.30 - 20.30 STUDIO	<b>VIBE STEP</b> 18.30 - 19.15 STUDIO	<b>ACTIVE BOX-FIT</b> 18.00 - 18.45 STUDIO	<b>ACTIVE PUMP</b> 19.00 - 19.45 STUDIO		
	<b>HIIT</b> 18.15 - 19.00 STUDIO						

ACTIVE NATION RUNCORN 01928 751201  
WWW.ACTIVENATION.ORG.UK

YOU CAN ALSO CHECK OUT THE LATEST TIMETABLE ON:  
WWW.ACTIVENATION.ORG.UK/RUNCORN

**ACTIVE**  
NATION