

EXPECT
MORE

Alive&Well
Your Gym on the Park

AUTUMN / WINTER TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M.	7.00 – 7.45 Piyo Studio	7.00 – 7.45 Insanity Studio	7.00 – 7.45 P90X Live Studio 7.30 – 8.15 Yoga 401 Faraday Street	7.00 – 7.45 Kettlebells Studio	7.00 – 7.45 Raise the Bar Studio
LUNCH	12.15 – 12.45 Kettlebells Studio	12.15 – 12.45 Raise the Bar Studio	12.15 – 12.45 Tabata Studio	12.15 – 12.45 Boxing Studio	12.15 – 12.45 P90X - Weights Studio
	12.15 – 12.45 Spin Gym	12.45 – 1.15 Legs, Bums & Tums Studio	12.15 – 12.45 Spin Gym	12.15 – 1.00 Yoga 401 Faraday Street	12.15 – 12.45 Spin Gym
	12.15 – 1.00 Yoga 401 Faraday Street		12.45 – 1.15 Spin Gym		12.45 – 1.15 Spin Gym
	12.45 – 1.15 Spin Gym		12.45 – 1.45 Latin American Dance Fitness Studio		
P.M.	5.15 – 6.15 Zumba 401 Faraday Street	5.30 – 6.15 Pilates Studio	5.15 – 6.15 Zumba 401 Faraday St	5.30 – 6.30 Alive Pump Studio	
	5.30 – 6.30 Fighting Fit Studio	5.15 – 6.15 Yoga 401 Faraday Street	5.30 – 6.15 Kettlebells Studio	6.30 – 7.30 Clubbercise Studio	
	6.30 – 7.30 Alive Pump Studio	6.15 – 7.00 Spin Gym			



Birchwood Park



#ITSAPARKLIFE

CALL IN, PHONE US **01925 824 455** EMAIL INFO@ALIVE-WELL.CO.UK OR VISIT WWW.ALIVE-WELL.CO.UK