

**Alive&Well**  
Your Gym on the Park

# AUTUMN/WINTER STUDIO

*Timetable*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M.	7.00 – 7.45 <b>Piyo</b> Studio	6.30 – 7.00 <b>Abs</b> Studio  7.00 – 7.45 <b>Insanity</b> Studio	7.00 – 7.45 <b>P90X Live</b> Studio	7.00 – 7.45 <b>Kettlebells</b> Studio	7.00 – 7.45 <b>Raise the Bar</b> Studio
LUNCH	12.15 – 12.45 <b>Kettlebells</b> Studio	12.15 – 12.45 <b>Raise the Bar</b> Studio	12.15 – 12.45 <b>Tabata</b> Studio	12.15 – 12.45 <b>Boxing</b> Studio	12.15 – 12.45 <b>Spin</b> Gym
	12.15 – 12.45 <b>Spin</b> Gym		12.15 – 12.45 <b>Spin</b> Gym	12.15 – 1.00 <b>Yoga</b> 401 Faraday Street	
	12.15 – 1.00 <b>Yoga</b> 401 Faraday Street		12.15 – 1.00 <b>Yoga</b> 401 Faraday Street		
	12.45 – 1.15 <b>Spin</b> Gym	12.45 – 1.15 <b>Legs, Bums &amp; Tums</b> Studio	12.45 – 1.15 <b>Spin</b> Gym		12.45 – 1.15 <b>Spin</b> Studio
P.M.	5.15 – 6.15 <b>Zumba</b> 401 Faraday Street	5.15 – 6.15 <b>Yoga</b> 401 Faraday Street	5.15 – 6.15 <b>Zumba</b> 401 Faraday Street		
	5.30 – 6.30 <b>Fighting Fit</b> Studio	5.30 – 6.30 <b>Pilates</b> Studio	5.30 – 6.15 <b>Kettlebells</b> Studio	5.30 – 6.30 <b>Alive Pump</b> Studio	5.30 – 6.00 <b>Mobility</b> Studio
	6.00 – 6.30 <b>Bootcamp</b> Gym	5.30 – 6.15 <b>Tri-More</b> Gym			
	6.30 – 7.30 <b>Alive Pump</b> Studio			6.30 – 7.30 <b>Clubbercise</b> Studio	

Call in, phone us **01925 824 455**  
email [info@alive-well.co.uk](mailto:info@alive-well.co.uk)  
or visit [www.alive-well.co.uk](http://www.alive-well.co.uk)

 **Birchwood Park**