



CLASS TIMETABLE 2009/10

Day/Time	Class	Venue
Monday		
8.45-9.30am	Active + Aquafit	Splash
10.00-11.00am	Active +	Billingham Belasis
10.15-11.15am	Cardio & Core	Splash
11.00-12.00pm	Active +	Billingham Belasis
11.30-12.30pm	Active +	Splash
12.00-1.00pm	Bums & Tums *	Billingham Belasis
12.00-12.45pm	Spinning	Splash
5.00-5.45pm	Spinning	Splash
5.30-6.15pm	Spinning	Thornaby Pavilion
6.15-7.00pm	Spinning	Thornaby Pavilion
6.15-7.15pm	Boxercise	Thornaby Pavilion
5.15-6.00pm	Pump Fx*	Splash
5.30-6.15pm	Spinning	Billingham Belasis
6.15-7.00pm	Khai Bo*	Splash
7.00-8.00pm	Pilates	Splash
6.30-7.30pm	Hi/Lo Aerobics*	Billingham Belasis
7.30-9.00pm	Tai Chi*	Billingham Belasis
Tuesday		
9.30-11.30am	Activity morning	Splash
10.00-11.00am	Hi/Lo Aerobics*	Billingham Belasis
10.00-11.00am	Active +	Thornaby Pavilion
11.00-12.00pm	Active +	Billingham Belasis
11.30-12.30pm	50+ Keep Fit	Thornaby Pavilion
12.00-12.45pm	Bums & Tums	Splash
1.30-2.30pm	50+ Keep Fit	Billingham Belasis
5.30-6.15pm	Spinning	Billingham Belasis
5.30-6.30pm	Dance Aerobics*	Splash
6.00-7.00pm	Pump FX*	Thornaby Pavilion
7.00-7.45pm	Pump FX*	Thornaby Pavilion
6.30-7.15pm	Pump FX*	Billingham Belasis
6.30-7.15pm	Bums & Tums*	Splash
6.30-7.30pm	Hi/Lo Aerobics*	Billingham Belasis
6.45-7.30pm	Spinning	Splash
7.30-8.30pm	Boot Camp Boxercise	Splash
7.30-8.30pm	Salsa Aerobics *	Thornaby Pavilion
7.30-8.30pm	Pilates	Billingham Belasis
8.00-9.00pm	Step Aerobics *	Thornaby Pavilion
Wednesday		
8.45-9.30am	Active + Aquafit	Splash
10.00-11.00am	Active +	Billingham Belasis
12.15-1.00pm	Circuit	Splash
5.30-6.15pm	Pump Fx *	Splash
5.30-6.30pm	Pilates	Thornaby Pavilion
6.30-7.15pm	Dance Aerobics*	Thornaby Pavilion
6.00-7.00pm	Step Aerobics*	Billingham Belasis
6.30-7.15pm	Spinning	Splash
6.30-7.30pm	Hi/Lo Aerobics*	Splash
7.00-8.00pm	Hi/Lo Aerobics *	Billingham Belasis
6.30-7.15pm	Spinning	Billingham Belasis
6.30-7.15pm	Spinning	Thornaby Pavilion
7.15-8.00pm	Spinning	Thornaby Pavilion
7.30-8.15pm	Pump FX*	Billingham Belasis
7.30-8.30pm	Step & Tone*	Splash
7.30-8.30pm	Boxercise	Thornaby Pavilion
Thursday		
10.00-11.00am	Active +	Billingham Belasis
10.00-11.00am	Active +	Splash
10.00-11.00am	50+ Keep Fit	Thornaby Pavilion
11.00-12.00pm	Ladies Only Swim	Splash
12.15-1.00pm	Spinning	Billingham Belasis
12.15-1.00pm	Pilates	Splash
12.00-12.45pm	Spinning	Thornaby Pavilion
1.30-2.30pm	Active + Tai Chi	Billingham Belasis
1.30-2.30pm	50+ Keep Fit	Billingham Belasis

Day/Time	Class	Venue
Thursday – cont		
5.30-6.30pm	Bums & Tums*	Splash
6.30-7.30pm	Kick Boxercise*	Splash
6.30-7.30pm	Bums & Tums*	Billingham Belasis
6.30-7.30pm	Bums & Tums*	Thornaby Pavilion
7.30-8.30pm	Bums & Tums*	Thornaby Pavilion
7.00-8.00pm	Aquafit*	Splash
6.00-7.00pm	Step Aerobics*	Thornaby Pavilion
7.15-8.15pm	Salsa Aerobics*	Thornaby Pavilion
7.30-8.30pm	Pilates	Billingham Belasis
7.45-8.30pm	Spinning	Billingham Belasis
7.45-8.30pm	Spinning	Splash
Friday		
8.45-9.30am	Active + Aquafit	Splash
9.30-10.30am	Pilates	Thornaby Pavilion
9.45-10.45am	Tai Chi	Billingham Belasis
10.00-11.00am	Aquafit *	Thornaby Pool
10.00-11.00am	Active +	Billingham Belasis
12.00-1.00pm	Bums & Tums*	Billingham Belasis
12.15-1.00pm	Boot Camp Circuit	Splash
5.00-5.45pm	Spinning	Splash
5.30-6.15pm	Spinning	Billingham Belasis
5.30-6.15pm	Spinning	Thornaby Pavilion
6.00-7.00pm	Step Aerobics*	Billingham Belasis
6.00-7.00pm	Aquafit	Thornaby Pool
6.15-7.15pm	Boxercise	Thornaby Pavilion
Saturday		
10.00-10.45am	Spinning	Billingham Belasis
10.00-10.45am	Spinning	Splash
Sunday		
4.00-5.00pm	Hi/Lo Aerobics*	Billingham Belasis
5.15-6.15pm	Boxercise	Billingham Belasis
6.15-7.00pm	Spinning	Billingham Belasis
5.00-6.00pm	Bums & Tums*	Thornaby Pavilion
5.00-6.00pm	Bums & Tums*	Splash
6.30-7.15pm	Spinning	Thornaby Pavilion
7.15-8.00pm	Spinning	Thornaby Pavilion
6.45-7.45pm	Circuit*	Thornaby Pavilion

- Courses are not included within our Activ8 Annual and Monthly Memberships. Contact the appropriate venue for course details.
- Spinning, Pump FX, Step & Aquafit sessions can be booked in advance as spaces are limited.
- For further information on any of the specialist activities i.e. Teenactiv8 (12-15years), please pick up a leaflet from one of our Active Life Centres or visit...www.teesactive.co.uk
- All * classes can be attended by customers of 14 & 15 years of age if accompanied by an adult.

Fitness Class Prices 09/10

Active + Class, Active + Tai Chi, Active + Aqua Fit, Tai Chi (1hr), Bums and Tums, Body Tone, Boxercise, Kick Boxercise, Circuits, Boot Camp Circuits, Hi/Lo Aerobics, 50+ Keep Fit, Step Aerobics, Step & Tone Aerobics, Aqua Fit (3/4hr)

Non Member = £3.45 Option 1 = £2.90 Option 2 = £2.20 Option 3 = £1.95

Salsa Dancing, Dance Aerobics, Spinning, Tai Chi (1/5hr), Pilates, Pump Fx, Khai Bo
Non Member = £4.10 Option 1 = £3.50 Option 2 = £2.70 Option 3 = £2.45

Aqua Fit (1hr)

Non Member = £3.90 Option 1 = £3.20 Option 2 = £2.30 Option 3 = £1.95

This leaflet is correct from the date of print – 31st March 10