



Active4Less Dudley Studio Timetable

Monday			
12:15 - 13:00	Functional Fitness (NEW)	All Levels	-
17:00 - 18:00	Fierce-Dance	Kids	-
17:15 - 18:00	Spin (NEW)	All Levels	-
18:05 - 18:35	Body Tone (NEW)	All Levels	-
18:45 - 19:15	Beginners Spin	Beginner	-
19:15 - 20:00	TRX (NEW)	All Levels	-
Tuesday			
12:15 - 13:00	Body Tone (NEW)	All Levels	-
17:30 - 18:15	Spin	All Levels	-
18:15 - 19:00	Body Blast	All Levels	-
Wednesday			
12:15 - 13:00	Functional Fitness (NEW)	All Levels	-
17:15 - 18:00	Step (NEW)	All Levels	-
18:00 - 18:30	Spin	All Levels	-
18:30 - 19:00	Abs and Stretch (NEW)	All Levels	-
19:00 - 19:45	Fierce-Dance	All Levels	-
19:00 - 19:45	Functional Fitness (NEW)	All Levels	-
Thursday			
12:15 - 13:00	Bums and Tums (NEW)	All Levels	-
13:00 - 13:45	Step (NEW)	All Levels	-
17:30 - 18:15	Cardio Kick	All Levels	-
18:15 - 19:00	Spin	All Levels	-
19:00 - 20:00	Boxing (NEW)	All Levels	-
Friday			
11:30 - 12:15	Body Tone (NEW)	All Levels	-
12:15 - 13:00	Spin (NEW)	All Levels	-
16:30 - 18:30	Freestyle Circuits (NEW)	All Levels	-
Saturday			
Sunday			

* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Dudley - 01384 918192

14th January, 2019

<http://dudley.active4less.com/>