

Prices:

Lifelines Full Members
get all classes for free at all times.

Lifelines Off-Peak Members
get classes for free during off-peak
gym hours and pay the Venue 360
member price for all classes during
peak times.

Venue 360 Members
pay a discounted rate, please see
applicable price next to each class.

Non-members
are very welcome to attend our
classes, please see the
applicable price next to
each class.

Class	Time	Venue*	members	non-members
Monday				
HIIT training	12:15-12:45pm	Gym	£2.65	£3.15
Studio Cycling	6:15-7:00pm	Spin Studio	£4.75	£5.80
Pilates (Mixed Ability)	6:45-7:30pm	Riverside/Juniper	£4.75	£5.80
Box Forward	6:00-6:50	Sportshall	£4.75	£5.80
Tuesday				
Pilates (Mixed Ability)	11:10-11:55am	Riverside	£3.55	£4.75
Legs, bums & tums (H.I.I.T)*	12:15-12:45pm	Gym	£2.65	£3.15
Circuit Training	6:00-6:50pm	Sportshall	£4.75	£5.80
Yoga (suitable for all levels)	6:00-6:45pm	Riverside/Juniper	£4.75	£5.80
Studio Cycling	6:15-7:00pm	Spin Studio	£4.75	£5.80
Studio Cycling	7:15-8:00pm	Spin Studio	£4.75	£5.80
Wednesday				
Mobility and Stretch class	10:00-10:30am	Riverside/Juniper	£2.65	£3.15
Into-Box	12:00-12:45pm	Sportshall	£3.55	£4.75
Studio Cycling (Intermediate)	6:15-7:00pm	Spin Studio	£4.75	£5.80
Thursday				
Studio Cycling	9:45- 10:30am	Spin Studio	£3.55	£4.75
Senior Conditioning	11.00-11:50am	Sportshall	£2.65	£3.15
Abs	12:15-12:45pm	Gym	£2.65	£3.15
Yoga	1:30 - 2:30pm	Riverside/Juniper	£4.75	£5.80
Studio Cycling	6:15-7:00pm	Spin Studio	£4.75	£5.80
Into-Box	7:00-7:50pm	Sportshall	£4.75	£5.80
Friday				
Early Morning Circuit Class	7:00-8:00am	Sportshall	£3.55	£4.75
Pilates (Mixed Ability)	11:00-11:45am	Riverside/Juniper	£3.55	£4.75
Studio Cycling	12:15-1:00pm	Spin Studio	£3.55	£4.75
Saturday				
Studio Cycling	9:45-10:30am	Spin Studio	£3.55	£4.75
Yoga	10:00 - 10:45am	Riverside/Juniper	£4.75	£5.80

exercise classes
book online or call 01582 418873

Refer a Friend and start saving!

because friends don't let friends train alone

Save £5 every month for 6 months!!

Offer available to ALL Lifelines members.

Save £20 per month if you refer 4 members!

**+ 1 day FREE guest pass
for your friend***

*Offer available to new Lifelines members only



Venue 360