

Fitness Class Timetable

Monday

6:45am	Total Toning	30 Min	S1
7:20am	Stretch & Mobility	30 Min	S1
9:30am	Moving with Strength	45 Min	S1
9:30am	Group Cycling	45 Min	SS
10:20am	Step It Up	45 Min	S1
11:00am	Aqua Tone	45 Min	P
11:00am	Fitball	45 Min	S2
11:10am	Tai Chi	45 Min	S1
11:30am	Group Cyling Express	30 Min	S1
12:15pm	Roll & Release	30 Min	S2
12:15pm	Feel Good Fitness	45 Min	S1
1:30pm	Gentle Yoga	60 Min	S1
5:30pm	Body Combat	45 Min	S1
6:20pm	Tabata	45 Min	S1
6:30pm	Group Cycling	45 Min	SS
7:10pm	Body Pump	60 Min	S1
7:30pm	Core Conditioning	45 Min	S2

Tuesday

6:45am	Group Cycling	45 Min	SS
6:45am	GRIT Cardio	30 Min	S1
7:20am	Legs Bums & Tums	30 Min	S1
9:30am	Weighted Tabata	45 Min	S1
9:30am	Group Cycling	45 Min	SS
9:30am	Body Balance	45 Min	S2
10:20am	Power Pilates	45 Min	S2
10:25am	Standing Stability & Balance	60 Min	S1
11:00am	Aqua HIIT	45 Min	P
12:15pm	Stretch and Mobility	45 Min	S1
5:30pm	Step It Up	45 Min	S1
5:45pm	Group Cycling Express	30 Min	SS
6:20pm	Group Cycling	45 Min	SS
6:20pm	Gentle Pilates	60 Min	S1
7:00pm	Circuits	60 Min	SH
7:20pm	Aqua Aerobics	45 Min	P
7:30pm	Rave Fit	45 Min	S1

Wednesday

7:00am	Core Conditioning	45 Min	S1
8:00am	Power Pilates	60 Min	S1
9:15am	Body Combat	45 Min	S1
9:30am	Group Cycling	45 Min	SS
10:05am	GRIT Strength	30 Min	S1
10:30am	Group Cycling	30 Min	SS
10:40am	Standing Forever Fit	60 Min	S1
11:00am	Aqua Aerobics	45 Min	P
11:45am	Stretch and Mobility	45 Min	S1
6:00pm	AMRAP	45 Min	S1
6:00pm	Body Balance	60 Min	S2
6:15pm	Group Cycling	45 Min	SS
6:55pm	Body Pump	60 Min	S1
7:05pm	Stretch & Mobility	60 Min	S2
8:00pm	Vinyasa Yoga	60 Min	S1

Thursday

7:00am	Group Cycling	45 Min	SS
7:00am	Ashtanga Yoga (Power)	60 Min	S1
8:05am	Body Balance	60 Min	S1
9:30am	Group Cycling	45 Min	SS
9:30am	Forever Fit	45 Min	S1
10:00am	Aqua Zumba	45 Min	P
10:25am	Learn To Lift	60 Min	S1
10:30am	Gentle Pilates	60 Min	S2
11:30am	Tai Chi	60 Min	S1
12:40pm	Alignment Yoga	60 Min	S2
2:30pm	Aqua Stength	45 Min	P
5:15pm	Body Combat	60 Min	S1
5:45pm	Group Cycling Express	30 Min	SS
6:20pm	Group Cycling	45 Min	SS
6:20pm	Step It Up	45 Min	S1
7:10pm	Dance Fitness	45 Min	S1
8:00pm	Power Pilates	60 Min	S1

Friday

9:30am	Body Combat	60 Min	S1
10:30am	Group Cycling	45 Min	SS
10:30am	Gentle Pilates	60 Min	S2
10:35am	GRIT Strength	30 Min	S1
11:00am	Aqua Aerobics	45 Min	P
11:10am	Roll & Release	30 Min	S1
11:35am	Body Balance	60 Min	S2
5:15pm	Technique & Strength	45 Min	S1
5:45pm	Group Cycling	45 Min	SS
6:00pm	Vinyasa Yoga	60 Min	S1
6:05pm	Aqua Power	45 Min	P
6:05pm	GRIT Cardio	30 Min	S1
6:40pm	Body Pump	60 Min	S1

Saturday

8:00am	Body Combat	45 Min	S1
9:00am	Group Cycling	45 Min	SS
9:00am	Circuits	60 Min	SH
9:00am	Body Pump	45 Min	S1
9:55am	Core Blitz	30 Min	S1
10:30am	Stretch & Mobility	45 Min	S1

Sunday

9:00am	Boxercise	45 Min	S1
9:00am	Ashtanga Yoga (Power)	60 Min	S2
9:15am	Group Cycling	45 Min	S1
10:00am	Aerobics	60 Min	S1
5:00pm	Dance Fitness	45 Min	S1

SH Sports Hall SS Spin Studio
S1 Studio 1 P Pool
S2 Studio 2



OPENING TIMES SEPT 2025

Pool
Gym
Studio



01453 766771

stroud@myactivelifestyles.co.uk
www.myactivelifestyles.co.uk

Swimming Pool Timetable

Monday

6.00am	-	7.00am	Club Swimming
7.00am	-	9.30am	Lane Swimming
9.00am	-	9.30am	Swimming Lessons
11.00am	-	11.45am	Aqua Tone
11.00am	-	12.00pm	Parent and Toddler (Shallow End only)
11.00am	-	12.00pm	Swimming Lessons
12.00pm	-	1.30pm	Lane Swimming
2.30pm	-	4.00pm	Public Swimming
4.00pm	-	6.30pm	Swimming Lessons
6.30pm	-	8.30pm	Club Swimming
8.30pm	-	10.00pm	Lane Swimming

Tuesday

6.00am	-	9.30am	Lane Swimming
9.00am	-	11.00am	Swimming Lessons
11.00am	-	11.45am	Aqua HIIT
11.00am	-	12.00pm	Parent and Toddler (Shallow End only)
12.00pm	-	1.30pm	Lane Swimming
2.30pm	-	4.00pm	Public Swimming
4.00pm	-	7.00pm	Swimming Lessons
6.30pm	-	7.15pm	Public Swimming
7.20pm	-	8.05pm	Aqua Aerobics
8.10pm	-	9.00pm	Swim Fit
9.00pm	-	10.00pm	Lane Swimming

Wednesday

6.30am	-	7.30am	Club Swimming
7.30am	-	9.30am	Lane Swimming
11.00am	-	11.45am	Aqua Aerobics
11.00am	-	12.00pm	Swimming Lessons
12.00pm	-	1.30pm	Lane Swimming
2.30pm	-	4.00pm	Public Swimming
3.30pm	-	7.00pm	Swimming Lessons
7.00pm	-	9.30pm	Club Swimming

Thursday

6.00am	-	7.00am	Club Swimming (one lane)
6.00am	-	9.00am	Lane Swimming
			(3 lanes between 6.00am - 7.00am)
9.00am	-	10.00am	Swimming Lessons
10.00am	-	10.45am	Aqua Zumba
10.50am	-	12.00pm	Disability Focused Swim
12.00pm	-	1.30pm	Lane Swimming
2.30pm	-	3.15pm	Aqua Strength
3.15pm	-	4.00pm	Public Swimming
4.00pm	-	6.30pm	Swimming Lessons
6.30pm	-	9.00pm	Club Swimming
9.00pm	-	10.00pm	Lane Swimming

Friday

6.00am	-	9.30am	Lane Swimming
11.00am	-	11.45am	Parent and Toddler (Shallow End only)
11.00am	-	11.45am	Aqua Aerobics
11.50am	-	1.00pm	Lane Swimming
1.00pm	-	2.00pm	Public Swimming
2.00pm	-	3.00pm	Senior Swimming
3.00pm	-	4.00pm	Public Swimming
4.00pm	-	6.00pm	Swimming Lessons
6.05pm	-	6.50pm	Aqua Power
7.00pm	-	8.30pm	Club Swimming
8.30pm	-	10.00pm	Lane Swimming

Saturday

6.30am	-	8.30am	ClubSwimming
8.30am	-	12.30pm	Swimming Lessons
12.30pm	-	5.00pm	Public Swimming
5.00pm	-	8.00pm	Lane Swimming

Sunday

7.30am	-	9.00am	Stroud Masters
9.00am	-	11.00am	Lane Swimming
11.00am	-	2.10pm	Public Swimming
2.15pm	-	3.50pm	Inflatable Swimming
			(2 sessions starting at 2.15pm and 3.05pm)
4.00pm	-	6.00pm	Lane Swimming
6.00pm	-	8.00pm	Club Swimming

- Just turn up
- Booking required

Gym Opening Times

Monday - Friday

6.00am - 10.00pm

Saturday & Sunday

7.30am - 8.00pm

Junior Gym Sessions

Instructor lead sessions 11-15 year olds

Monday - Friday

3.30pm - 4.30pm
4.30pm - 5.30pm

Saturday - Sunday

11.30am - 12.30pm
1.30pm - 2.30pm

