

Christmas Programmes Sat 20 Dec-Sun 4 Jan 2015



Centre Opening Times

December	
Saturday 20	8.00am-4.00pm
Sunday 21	8.00am-4.00pm
Monday 22	8.00am-4.00pm
Tuesday 23	8.00am-4.00pm
Wednesday 24	8.00am-4.00pm
Thursday 25	CLOSED
Friday 26	CLOSED
Saturday 27	8.00am-4.00pm
Sunday 28	8.00am-4.00pm
Monday 29	8.00am-4.00pm
Tuesday 30	8.00am-4.00pm
Wednesday 31	8.00am-4.00pm
January	
Thursday 1	CLOSED
Friday 2 onwards	normal hours

(Pool & Gym last entry 30 minutes before closing time)

Swimming Timetable

Saturday 20 December	
8.00-11.30am	Swim Academy
11.30-4.00pm	Public Swimming
Sunday 21 December	
8.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Monday 22 December	
8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Tuesday 23 December	
8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Wednesday 24 December	
8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming

Thursday 25 December Closed
Friday 26 December Closed

Saturday 27 December	
8.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Sunday 28 December	
8.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Monday 29 December	
8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Tuesday 30 December	
8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming
Wednesday 31 December	
8.00-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.00pm	Public Swimming

Thursday 1 January CLOSED	
Friday 2 January	
6.30-9.00am	Adults Only
9.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-2.30pm	Public Swimming
2.30-3.45pm	Public Swimming (Fit & Fifty)
3.45-9.00pm	Public Swimming

Saturday 3 January	
8.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-4.30pm	Public Swimming
5.15-6.30pm	Club Booking
Sunday 4 January	
8.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-6.30pm	Public Swimming
6.30-8.00pm	Swim & Chill Adults only

New Swimming Timetable and Swimming Lessons start on Monday 5 January 2015	
8.00-11.00am	Public Swimming
11.00-12.00noon	Wet & Wacky
12.00-6.30pm	Public Swimming
6.30-8.00pm	Swim & Chill Adults only



Class Timetable

Saturday 20 December		
8.00-8.55am	Swim Fit	Jeanette
9.00-9.55am	Hatha Yoga	Pippa
9.30-10.15am	Spinning	Claire
10.00-10.55am	Starter Circuits	Paula
10.20-10.50am	Spinning	Claire
Sunday 21 December		
9.25-9.55am	Spinning	Michelle
10.00-10.30am	Spinning	Michelle
11.00-11.55am	Zumba	Sarah

Monday 22 December		
9.30-10.15am	Spinning	Becky
10.30-11.25am	Yoga	Amba
Tuesday 23 December		
9.30-10.15am	Spinning	Naomi
10.30-11.25am	Body Conditioning	Mina
Wednesday 24 December		
9.30-10.15am	Spinning	Nathan
10.30-11.25am	Hatha Yoga	Pippa

Thursday 25 December CLOSED
Friday 26 December CLOSED

Saturday 27 December		
9.00-9.55am	Hatha Yoga	Pippa
9.30-10.15am	Spinning	Claire
10.00-10.55am	Starter Circuits	Paula
Sunday 28 December		
9.30-10.15am	Spinning	Michelle
10.20-11.15am	Circuits	Michelle
Monday 29 December		
9.30-10.00am	Spinning	Rachel
10.05-11.00am	Legs, Bums & Tums	Rachel

Tuesday 30 December		
9.30-10.25am	Body Circuits Blast	Gary
10.30-11.25am	Pilates	Paula
Wednesday 31 December		
9.00-9.30am	Spinning	Lucie
9.30-10.25am	Body Conditioning	Rachel
10.30-11.25am	Hatha Yoga	Pippa

Thursday 1 January CLOSED
Friday 2 onwards normal hours

New Class Timetable starts on Friday 2 January 2015



BH Live Fitness Membership Packages

8 Membership Packages for a healthier lifestyle, which is best for you...you decide!
You can choose to pay monthly by Direct Debit* or get 12 months for the price of 11 with our Annual Membership options.

1 Membership Use 4 Centres



Gym & Swim Unlimited use of the Gym and Swimming.	Dual Unlimited use of the Gym, Swimming, Spa Facilities and Class Timetable for you and a friend or partner.	Student Unlimited use of the Gym, Swimming, Spa Facilities and Class Timetable. Proof of full time education required.	Junior (14 - 17 yrs) Unlimited use of the Gym, Swimming and Class Timetable. Proof of full time education required.
Monthly £27	Monthly £58	Monthly £25	Monthly £20

Gym, Swim and Classes Unlimited use of the Gym, Swimming, Spa Facilities and Class Timetable.	Senior Unlimited use of the Gym, Swimming, Spa and Class Timetable. Age 60 years and over, proof of age required.
Monthly £32	Monthly £25

Off Peak Unlimited use of the Gym, Swimming, Spa Facilities & Class Timetable Mon to Fri from opening time to 5.30pm (last entry 4.30pm) & all day Saturday & Sunday.	Corporate Unlimited use of the Gym, Swimming, Spa Facilities and Class Timetable. Min. 10 employees required. (Employment ID required).
Monthly £25	Monthly £27



3 great reasons to join



Talk to a Membership Advisor for details or visit:
www.bhlivefitness.co.uk
*T&C's apply.

Christmas Timetables

Pools & Classes December 2014



01202 436866
www.bhlive.co.uk

A BH Live Experience

Christmas Programmes Sat 20-31 December 2014



Class Timetable

Saturday 20	Athletic Conditioning	9.00-9.55am	Adam
Sunday 21	Circuits	9.30-10.00am	Tom
	Core Conditioning	10.05-10.30am	Tom
Monday 22	Legs, Bums & Tums	9.30-10.25am	Kit
Tuesday 23	Legs, Bums & Tums	9.30-10.25am	Rachel
	Pilates	10.30-11.25am	Brigitte
Wednesday 24	Body Conditioning	9.30-10.25am	Laura
Thursday 25	CLOSED		
Friday 26	CLOSED		
Saturday 27	No Classes		
Sunday 28	Circuits	9.30-10.00am	Tom
	Core Conditioning	10.05-10.30am	Tom
Monday 29	Legs, Bums & Tums	9.30-10.25am	Mandy
Tuesday 30	Legs, Bums & Tums	9.30-10.25am	Kit
	Pilates	10.30-11.25am	Brigitte
Wednesday 31	Body Conditioning	9.30-10.25am	Laura

Thursday 1 CLOSED
Friday 2 CLOSED
New Class Timetable starts on Friday 2 January 2015



Centre Opening Times

December	
Saturday 20	9.00am-5.00pm
Sunday 21	9.00am-5.00pm
Monday 22	9.00am-5.00pm
Tuesday 23	9.00am-5.00pm
Wednesday 24	9.00am-5.00pm
January	
Thursday 25 CLOSED	
Friday 26 CLOSED	
Saturday 27	9.00am-5.00pm
Sunday 28	9.00am-5.00pm
Monday 29	9.00am-5.00pm
Tuesday 30	9.00am-5.00pm
Wednesday 31	9.00am-5.00pm

Thursday 1 CLOSE
Friday 2 onwards normal hours
Gym - last entry 30 minutes before Centre closing time

BH Live Fitness
1 Membership Use 4 Centres

From only **£25** per month* and no joining fee

4 Gyms • 3 Swimming Pools
Over 330 Fitness Classes
4 Spa Facilities

Join on line at: www.bhlivefitness.co.uk
or call 01202 436866

*Price per month based on 12 month Direct Debit Membership Terms and Conditions apply

