

Calorie Burning Classes

BA CYCLE

A cardiovascular and muscle toning class on a bike. The quickest way to burn up to 500cal in the shortest possible time (PROVEN!).

BA BOXING

A guaranteed high intensity full body workout. This class includes pad work and interval training.

BA CYCLE CIRCUITS

Cardio and resistance training combined into one to help burning those extra calories.

HIIT & RUN

High Intensity Interval Training with minimal rest periods. The class aims to burn, tone and functionally train your body to its limits.

X-FIT MEN CON

Improving your cardio vascular and cardio respiratory systems through a variety of functional exercises executed at high intensity. A challenging but fun class pushing your whole body to the limits.

Speak with us

TO FIND OUT MORE...

Come and speak to us in the gym or find us on our Yammer page 'BA Active gyms' where we post daily workouts and updates.

Toning & Strength Classes

BA PUMP

A class focussing on high repetition movements with low weight loads. An addictive workout.

KETTLERCISE

The most effective, stimulating, safe and easy to follow calorie blitzing fat burning programmer. A complete body workout.

CRUNCH

A class designed to help you to help engage your abdominal muscles and core to improve your posture and strength.



Relax & Unwind with...

PILATES

Developed by Joseph Pilates in the early 20th century Pilates classes build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine.

YOGA

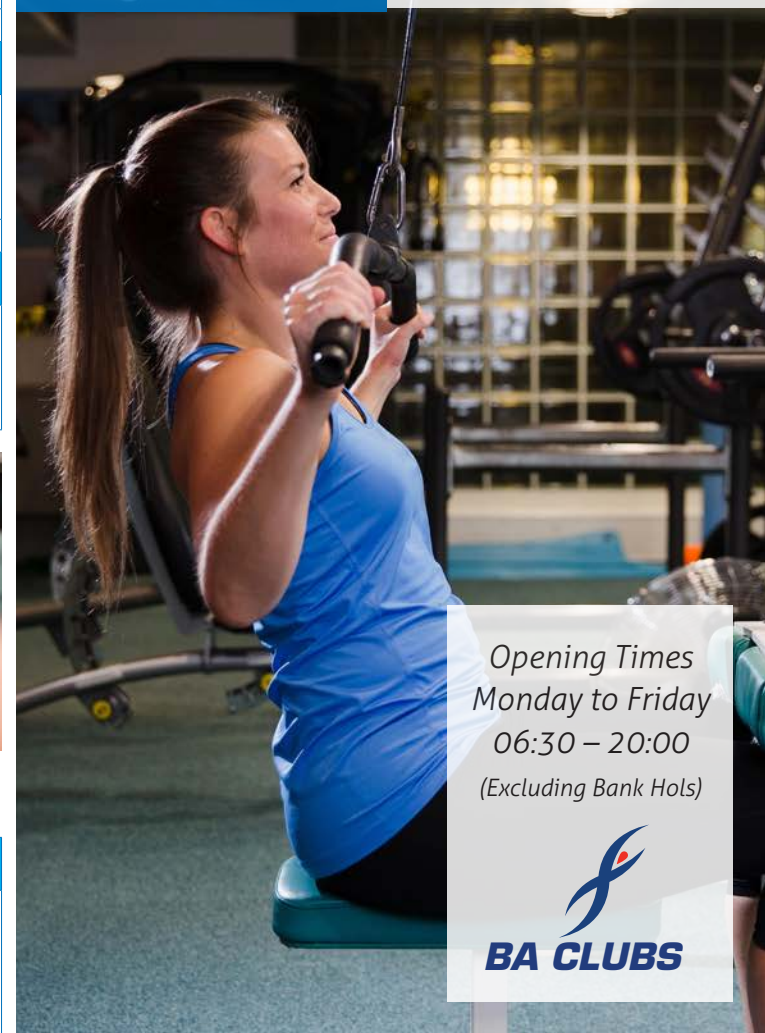
Come and unwind by practising body postures, simple meditation, relaxation and breath control. Regular Yoga has benefits for EVERYONE.

BACTIVE

FITNESS CLASS

TIMETABLE

ALL WELCOME



Opening Times
Monday to Friday
06:30 – 20:00
(Excluding Bank Hols)



Get in touch

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All classes are included in your monthly gym membership*



The Classes

MONDAY		
TIME	CLASS	CLASS SIZE
07.15 – 08.00	BA Boxing	10
12.15 – 12.40	Cycle	10
12.45 – 13.10	HIIT & Run	8
17.30 – 18.30	BA Pump	8
TUESDAY		
TIME	CLASS	CLASS SIZE
07.15 – 07.45	Cycle	10
07.45 – 07.55	Crunch	10
12.15 – 12.45	X-Fit Men Con	10
17.15 – 18.30	Yoga	10
17.30 – 18.00	Cycle Circuits	10
WEDNESDAY		
TIME	CLASS	CLASS SIZE
07.15 – 08.00	BA Pump	8
12.15 – 12:40	Cycle	10
12.45 – 13.10	HIIT & Run	8
17.30 – 18.15	Pilates	8
THURSDAY		
TIME	CLASS	CLASS SIZE
07.15 – 08.00	Kettlercise	10
12.15 – 13.00	BA Boxing	12
17.00 – 18.00	Yoga	10
17.30 – 18.30	BA Pump Cardio	8
FRIDAY		
TIME	CLASS	CLASS SIZE
12.15 – 13.00	Pilates (£50 for 6 week beginners course)	6
12.15 – 12.55	HIIT & Run (Outdoor 5k run, last Friday of every month)	8
16.30 – 17.00	Cycle	10
17.00 – 17.10	Crunch	10



Please use the 'BActive Gyms' SharePoint page to reserve your space on a class

