

GROUP FITNESS TIMETABLE

Edition 2, 2023



Hightown Community Sports & Arts Centre
Concorde Street, Luton, LU2 0JD

Tel: 01582 419548

Monday

18:30 – 19:30 Body Blitz

Tuesday

09:30 – 10:30 Chair Based Fitness (FOL)

10:30 – 11:30 Line Dancing (FOL)

11:45 – 12:45 Line Dancing (FOL)

18:45 – 19:45 Yoga

Wednesday

18:30 – 19:30 Zumba®

Thursday

10:00 – 11:30 Aerobics (FOL)

18:15 – 19:15 Body Blitz

19:30 – 20:30 Pilates

Friday

17:45 – 18:45 Yoga

Saturday

10:15 – 11:15 Zumba®

Monday

08:00 – 08:45	Aqua Step
09:30 – 10:15	Studio Cycle
10:00 – 11:00	Thighs, Hips, Bums & Tums
11:15 – 12:15	Zumba®
12:20 – 13:20	Aqua Fit (FOL)
14:00 – 16:00	Line Dancing (FOL)
16:45 – 17:45	BODYCOMBAT™
17:50 – 18:50	Yoga
17:55 – 18:50	BODYPUMP™
19:00 – 19:50	Yoga
19:05 – 19:50	Studio Cycle
19:15 – 20:00	Aqua Fit
20:00 – 20:45	Studio Cycle
20:05 – 21:05	Zumba®

Tuesday

06:30 – 07:15	Studio Cycle
06:30 – 07:30	Swimfit
08:30 – 09:15	Aqua Fit
09:30 – 10:15	Thighs, Hips, Bums & Tums
09:30 – 10:15	Studio Cycle
11:00 – 12:00	Stretch & Relax
12:15 – 13:00	Women Only Aqua Zumba®
18:00 – 18:50	Pilates
18:00 – 18:45	Kettlercise®
18:55 – 19:25	FloatFit® HIIT
19:00 – 19:50	Pilates
19:10 – 19:55	Thighs, Hips, Bums & Tums
19:30 – 20:00	FloatFit® Balance
20:00 – 21:00	Aqua Fit
20:00 – 21:00	D&B workout

Wednesday

09:25 – 10:10	Fight Fit
09:30 – 10:30	Aqua Fit
10:20 – 11:20	Yoga
10:35 – 11:20	Studio Cycle
11:30 – 12:30	Zumba®
14:00 – 16:00	Line Dancing (FOL)
17:15 – 18:00	This Girl Can Classes
17:45 – 18:30	Studio Cycle
18:25 – 19:10	BODYCOMBAT™
18:45 – 19:45	Zumba®
19:15 – 20:15	BODYPUMP™
19:55 – 20:55	Yoga
20:15 – 21:00	Aqua Fit
20:25 – 21:25	Stretch & Relax

Thursday

06:30 – 07:15	Studio Cycle
09:30 – 10:15	Studio Cycle
09:30 – 10:20	Aqua Fit
10:15 – 11:15	Zumba®
10:35 – 11:20	Aerobics (FOL)
11:25 – 12:10	Thighs, Hips, Bums & Tums
11:35 – 12:20	Aqua Fit (FOL)
12:25 – 13:10	Stretch & Relax
12:30 – 13:15	Aqua Fit (FOL)
17:00 – 17:45	Studio Cycle
18:10 – 18:55	Studio Cycle
18:10 – 19:10	BODYPUMP™
19:10 – 20:10	BODYCOMBAT™
19:20 – 20:10	Step Aerobics
20:10 – 21:00	Women Only Aqua Fit
20:20 – 21:10	Kettlebell Training

Friday

06:30 – 07:15	Studio Cycle
06:45 – 07:15	FloatFit® HIIT
07:30 – 08:30	Swimfit
08:45 – 09:30	Aqua Step
09:00 – 09:45	Tai Chi Intermediate
09:30 – 10:15	Studio Cycle
09:50 – 10:35	Tai Chi Beginners
09:45 – 10:45	Aqua Fit
10:40 – 11:35	Tai Chi Health
11:45 – 12:45	BODYPUMP™
18:00 – 18:30	Core Stability
18:15 – 19:00	Studio Cycle
18:45 – 19:45	Fight Fit
19:15 – 20:15	Pilates

Saturday

08:00 – 08:45	Aqua Zumba®
08:00 – 09:00	BODYCOMBAT™
08:45 – 09:45	Yoga
09:05 – 10:05	Thighs, Hips, Bums & Tums
10:15 – 11:15	BODYPUMP™
10:20 – 11:05	Studio Cycle
11:25 – 12:25	Pilates

Sunday

07:50 – 08:35	Aqua Fit
08:45 – 09:30	Aqua Fit
08:45 – 09:30	Studio Cycle
09:00 – 10:00	BODYPUMP™
10:00 – 10:30	Studio Cycle
10:40 – 11:25	Core Stability
10:45 – 11:45	Yoga

Monday

10:00 – 11:00	Line Dancing (FOL)
11:15 – 12:15	Aerobics (FOL)
16:45 – 17:30	Studio Cycle
17:35 – 18:20	20/20/20
17:40 – 18:25	Pilates
18:15 – 19:00	Core Stability
18:20 – 19:05	Studio Cycle
18:35 – 19:05	Kettlercise®
18:50 – 19:35	Aqua Fit
19:10 – 20:10	Yoga
19:15 – 20:00	Fight Klub
19:45 – 20:30	Aqua Circuits
20:15 – 21:15	BODYPUMP™

Tuesday

10:50 – 11:35	Stretch & Relax
17:15 – 18:05	Thighs, Hips, Bums & Tums
18:15 – 19:15	BODYBALANCE™
18:20 – 19:10	Zumba Toning®
18:45 – 19:30	Studio Cycle
19:20 – 20:05	Fight Klub
19:25 – 20:15	Pilates
19:40 – 20:25	Studio Cycle
20:25 – 21:25	Yoga

Wednesday

06:30 – 07:15	Studio Cycle
11:35 – 12:20	Aqua Fit
18:00 – 18:45	Core Stability
18:00 – 18:45	Studio Cycle
19:05 – 20:05	Zumba®
18:15 – 19:15	BODYBALANCE™
18:55 – 19:55	BODYPUMP™
19:10 – 19:55	Studio Cycle
19:30 – 20:15	Gentle Aqua
19:30 – 20:30	Yoga
19:45 – 20:30	Swimfit
20:05 – 20:50	Kettlercise®

Thursday

09:30 – 10:20	Stretch & Relax
17:45 – 18:35	BODYPUMP™
18:00 – 18:45	ZEN-GA™
18:50 – 19:50	Thighs, Hips, Bums & Tums
19:00 – 19:45	Aqua Fit
19:05 – 19:50	Studio Cycle
20:00 – 21:00	Fight Klub

Friday

06:30 – 07:15	Studio Cycle
09:30 – 10:30	Pilates
10:50 – 11:50	Pilates
12:10 – 12:55	Aqua Fit
18:00 – 19:00	BODYBALANCE™
18:15 – 19:00	Studio Cycle
19:00 – 20:00	Zumba®

Saturday

09:30 – 10:15	Studio Cycle
10:30 – 11:30	Fight Klub
10:30 – 11:30	Yoga
11:00 – 12:00	BODYBALANCE™
13:45 – 14:30	Aqua Fit

Sunday

09:15 – 10:15	BODYPUMP™
12:00 – 13:00	Pilates

Monday

09:15 – 09:45	D&B workout
09:55 – 10:25	D&B workout
10:35 – 11:25	Chair Based Fitness (FOL)
10:45 – 11:30	Studio Cycle
12:00 – 13:00	Pilates
17:45 – 18:45	Zumba®
18:30 – 19:15	Thighs, Hips, Bums & Tums
18:55 – 19:55	BODYPUMP™
19:30 – 20:15	Studio Cycle
20:05 – 20:55	Yoga

Tuesday

09:30 – 10:15	Stretch & Relax
09:30 – 10:15	Studio Cycle
10:25 – 11:25	Pilates
10:30 – 11:20	Aqua Fit
17:30 – 18:00	MetaFit™
18:05 – 18:50	Kettlercise®
19:10 – 19:55	Studio Cycle
19:40 – 20:25	Aqua Fit
20:05 – 20:50	ZEN-GA™

Wednesday

09:30 – 10:30	Box & Tone
09:45 – 10:45	BODYPUMP™
10:55 – 11:40	Stretch & Relax
11:00 – 11:45	Studio Cycle
12:05 – 12:50	Aqua Fit (FOL)
12:45 – 13:45	Yoga Health
16:00 – 17:00	Junior Box Fit (Ages 6–15)
18:10 – 18:55	Thighs, Hips, Bums & Tums
19:00 – 19:45	Studio Strength
20:00 – 21:00	Pilates

Thursday

09:15 – 10:00	Aqua Zumba®
09:30 – 10:15	Core Stability
10:30 – 11:30	Yoga
12:00 – 12:55	Chair Based Fitness (FOL)
17:00 – 18:00	Yoga
18:10 – 18:55	Zumba®
19:00 – 19:45	Studio Cycle
20:15 – 20:45	Kettlercise®

Friday

08:30 – 09:15	Aqua Fit
09:30 – 10:15	Studio Cycle
10:50 – 11:35	Yoga
11:45 – 12:30	Barre Pilates
17:30 – 18:00	MetaFit™
18:05 – 18:50	Kettlercise®
18:10 – 18:55	Women Only Studio Cycle
19:10 – 20:00	Women Only Pilates
19:30 – 20:15	Aqua Zumba®

Saturday

08:05 – 08:50	Studio Cycle
09:00 – 09:45	Fight Fit
09:25 – 10:15	Zumba®
10:00 – 10:45	Studio Cycle
10:25 – 11:10	Core Stability

Sunday

09:15 – 10:00	Studio Cycle
09:25 – 10:10	Step & Tone
10:20 – 10:50	D&B workout
10:30 – 11:15	Aqua Fit (FOL)
11:00 – 11:30	D&B workout
11:45 – 12:30	Kettlercise®

Stockwood Park Athletics Centre
Farley Hill, Luton, LU1 4BH

Tel: 01582 722930

Tuesday

09:15 – 10:15	Buggy Fitness
10:30 – 11:30	Social Walking

Friday

09:15 – 10:15	Buggy Fitness
10:30 – 11:30	Social Walking

Keeping everyone safe

We are committed to keeping you and our team safe. Please read our Group Fitness Etiquette before participating in any Group Fitness activity – you can find this at activeluton.co.uk/group-fitness. We ask that you also respect all hygiene measures in our centres from the moment you arrive as well as during your class.

How to book

You can book classes in person, by phone, via the Active Luton app or online at activeluton.co.uk. Payment is required at the time of booking for Go4Less and Pay As You Go customers. Booking privileges open at 10:30pm, 9 days in advance for members, 8 days for Go4Less card holders and 4 days for non-members.

Physical Activity Readiness Questionnaire

Before taking part in any group fitness activity customers must acknowledge our online PAR Q. This is designed to identify the small number of people for whom physical activity may be unsuitable. You can view this at activeluton.co.uk/PARQ.

How do I know which class to join?

It is a good idea to assess the class intensity before you book. You can view an up to date class description list online at activeluton.co.uk/class-descriptions. If you have any other questions just ask at reception.

Class Key

- FOL (Full of Life) – For older people who like to keep active. These sessions form part of an activity morning for an all-inclusive price.
- Laser/ strobe lights may be used in these sessions. Please make the Instructor aware of any medical conditions which may be affected by lighting before booking.
- An element of meditation or mindfulness will be incorporated into these sessions.
- These sessions are for junior members only.

8 Hour Class Cancellation Policy

Customers have 8 hours to cancel any pre-booked class or swim sessions. No-shows or cancellations within the 8 hour period will receive a strike on their account. Three strikes over a rolling 30-days result in a suspension of booking privileges and a £6 charge added to your account. Once this is cleared pre-booking is re-set. Spaces often open up during the 8 hours prior to a class due to the cancellation policy and it is always worth checking on the day.

Photography & Filming

Please respect the right to privacy. Under no circumstances is photography or filming allowed without seeking permission of the centre manager, instructor and anyone in the frame.