

ACTIVE BOOST TIMETABLE

Peckham Pulse Healthy Living Centre

10 Melon Road, Peckham, SE15 5QN. Tel: 0207 708 6218

Day	Time	Activity	Cost	Location
Monday	6:00pm – 7:00pm	Gym	£0.00	Gym
Tuesday	11:00am – 11:45am	Circuit Class	£0.00	Studio 2
Tuesday	12:00pm – 12:45pm	Aqua	£0.00	Hydro Pool
Wednesday	5:00pm – 6:00pm	Gym	£0.00	Gym
Thursday	9:00am -10:00am	Pilates	£0.00	Studio 2
Thursday	6:30pm – 7:30pm	Gym	£0.00	Gym
Saturday	9:00 am – 10:00am	Circuit Class	£0.00	Studio 2

Seven Island Leisure Centre

Lower Road, SE16 2TU. Tel: 020 7237 3296

Day	Time	Activity	Cost	Location
Monday	12:30pm – 1:30pm	Gym	£0.00	Gym
Wednesday	12:00pm - 1:00pm	Gym	£0.00	Gym
Saturday	10:00am - 11:00am	Gym	£0.00	Gym

Dulwich Leisure Centre

2b Crystal Palace Road, Dulwich, London, SE22 9HB. Tel: 020 8693 1833

Day	Time	Activity	Cost	Location
Monday	1:00pm – 2:00pm	Gym	£0.00	Gym
Thursday	6:00pm – 7:00pm	Gym	£0.00	Gym

Camberwell Leisure Centre

Artichoke Place, off Camberwell Church Street, London, SE5 8TS Tel: 0207 703 3024

Day	Time	Activity	Cost	Location
Tuesday	7:00pm – 8:00pm	Gym	£0.00	Gym
Thursday	10:00am - 11:00am	Gym	£0.00	Gym

The Castle Centre

2 St Gabriel Walk, London, SE1 6FJ Tel: 0844 893 9888

Day	Time	Activity	Cost	Location
Thursday	11:30am – 12:30pm	Gym	£0.00	Gym
Friday	11:00am – 12:00pm	Tai Chi/ Qigong	£0.00	Studio 3
Saturday	1:00pm – 2:00pm	Gym	£0.00	Gym

Please note, this does not apply on Bank Holidays.



Pilates:

These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

Aqua:

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

Circuits:

Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you real results.

Tai Chi / Qigong:

"Is an ancient Chinese healthcare system that integrates physical posture, breathing techniques and focused intention. Tai Chi has evolved over centuries to become a means of alleviating stress and anxiety, it promotes serenity and inner peace."

