

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 28/07/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor	Type
09:25 - 10:10	Salsacise	Dance Studio	Katrin	Complete Body Workout
10:15 - 11:00	Brio LBT	Dance Studio	Tracey	Strength/Conditioning
10:30 - 11:15	Aqua Jog / Aqua Fit	Main Pool	Clare/Katrin	Water Workout
11:15 - 12:15	BODYJAM	Dance Studio	Dawn & Claire	Cardio
12:30 - 13:30	Yoga	Dance Studio	Rophin H	Mind & Body
18:00 - 18:45	BODYPUMP	Dance Studio	Mark	Strength/Conditioning
18:00 - 18:45	Brio Cycle	Spin Studio	Jon	Cardio
19:00 - 19:45	Brio Cycle	Spin Studio	Mark	Cardio
19:00 - 19:45	Brio Kettlebell	Dance Studio	Jon	Strength/Conditioning
19:15 - 20:00	Brio Dance	Sports Hall	Sue	Cardio