

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 28/07/2024

Times for Tuesday 23 July



| Time | Session | Facility | Instructor | Type |
|---------------|------------|--------------|------------|-----------------------|
| 07:15 - 08:00 | BODYPUMP | Dance Studio | Louise | Strength/Conditioning |
| 08:15 - 09:00 | YogaScape | Dance Studio | Louise | Mind & Body |
| 09:00 - 09:45 | Aqua Fit | Main Pool | Jo | Water Workout |
| 09:15 - 10:00 | Brio Cycle | Spin Studio | Louise | Cardio |
| 09:30 - 10:15 | Yoga | Dance Studio | Donna | Mind & Body |
| 10:15 - 11:00 | SOULSA | Sports Hall | Jo | Complete Body Workout |
| 10:30 - 11:15 | Tai Chi | Dance Studio | Donna | Mind & Body |
| 11:30 - 12:15 | Pilates | Dance Studio | Tracey | Mind & Body |
| 18:00 - 18:45 | BODYPUMP | Dance Studio | Tomoko | Strength/Conditioning |
| 19:00 - 19:45 | BODYCOMBAT | Sports Hall | Allan | Complete Body Workout |
| 19:00 - 20:00 | Yoga | Dance Studio | Tomoko | Mind & Body |