

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 29/07/2024

Times for Sunday 4 August



| Time | Session | Facility | Instructor | Type |
|---------------|--------------|--------------|------------|-----------------------|
| 09:00 - 09:45 | BODYPUMP | Dance Studio | Allan | Strength/Conditioning |
| 10:00 - 10:45 | BODYCOMBAT | Dance Studio | Allan | Complete Body Workout |
| 10:15 - 11:00 | Zumba | Sports Hall | Sue | Complete Body Workout |
| 11:00 - 11:45 | Spartan HIIT | The Box | Gym Team | Interval |
| 11:15 - 12:00 | Pilates | Sports Hall | Sue | Mind & Body |