

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 09/08/2024

### Times for Thursday 15 August



Time	Session	Facility	Instructor	Type
09:00 - 09:45	Aqua Fit	Main Pool	Tracey	Water Workout
10:00 - 10:45	Spartan HIIT	The Box	Gym Team	Interval
10:00 - 10:45	Brio LBT	Dance Studio	Tracey	Strength/Conditioning
11:00 - 11:45	Zumba Gold	Sports Hall	TBC	Complete Body Workout
11:30 - 12:30	Yoga	Dance Studio	Tomoko	Mind & Body
14:00 - 14:45	Brio Move Circuit	Dance Studio	Tomoko	Cardio
18:00 - 18:45	Brio Cycle	Spin Studio	Jon	Cardio
18:00 - 18:45	BODYJAM	Sports Hall	Dawn & Claire	Cardio
18:00 - 18:45	BODYPUMP	Dance Studio	Allan	Strength/Conditioning
19:00 - 19:45	BODYCOMBAT	Sports Hall	Allan	Complete Body Workout
19:00 - 19:45	Brio Cycle	Spin Studio	Jon	Cardio
20:00 - 20:45	Brio Kettlebell	Dance Studio	Dale	Strength/Conditioning