

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 15/08/2024

Times for Wednesday 21 August



| Time | Session | Facility | Instructor | Type |
|---------------|---------------------|--------------|--------------|-----------------------|
| 09:15 - 10:00 | BODYPUMP | Dance Studio | Louise | Strength/Conditioning |
| 10:00 - 10:45 | Spartan HIIT | The Box | Gym Team | Interval |
| 10:15 - 11:00 | Aqua Jog / Aqua Fit | Main Pool | Clare/Tracey | Water Workout |
| 10:15 - 11:00 | BODYCOMBAT | Dance Studio | Louise | Complete Body Workout |
| 10:15 - 11:00 | Zumba | Sports Hall | Jo | Complete Body Workout |
| 11:15 - 12:00 | Pilates | Sports Hall | Tracey | Mind & Body |
| 12:15 - 12:45 | Brio Cycle | Spin Studio | Tracey | Cardio |
| 14:00 - 15:00 | Yoga | Dance Studio | Katie | Mind & Body |
| 18:00 - 18:45 | BODYPUMP | Dance Studio | Mica | Strength/Conditioning |
| 18:00 - 18:45 | Brio Cycle | Spin Studio | Carol R | Cardio |
| 19:00 - 19:45 | BODYCOMBAT | Sports Hall | Mica | Complete Body Workout |
| 19:00 - 19:45 | Brio Cycle | Spin Studio | Carol R | Cardio |
| 19:00 - 19:45 | Fitness Pilates | Dance Studio | Rainbow | Mind & Body |
| 20:00 - 20:45 | Clubbercise | Sports Hall | Dawn | Complete Body Workout |