

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 20/08/2024

### Times for Monday 26 August



Time	Session	Facility	Instructor	Type
10:00 - 11:00	Brio Cycle	Spin Studio	Lorna	Cardio
11:15 - 12:15	BODYJAM	Dance Studio	Dawn & Claire	Cardio
12:30 - 13:30	Yoga	Dance Studio	Rophin H	Mind & Body