

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 08/09/2024

### Times for Tuesday 10 September



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
17:00 - 17:45	Brio Cycle	Spin Studio	Lorna	Cardio
18:00 - 18:45	BODYPUMP	Dance Studio	Tomoko	Strength/Conditioning
18:00 - 18:45	Brio HIIT	Sports Hall	Dale	Cardio
19:00 - 19:45	BODYCOMBAT	Sports Hall	Allan	Complete Body Workout
19:00 - 20:00	Yoga	Dance Studio	Tomoko	Mind & Body
19:30 - 20:15	Aqua Zumba	Main Pool	Yvonne	Water Workout