

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 10/09/2024

Times for Monday 16 September



| Time | Session | Facility | Instructor | Type |
|---------------|---------------------|--------------|---------------|-----------------------|
| 09:25 - 10:10 | Salsacise | Dance Studio | Katrin | Complete Body Workout |
| 10:15 - 11:00 | Brio LBT | Dance Studio | Tracey | Strength/Conditioning |
| 10:30 - 11:15 | Aqua Jog / Aqua Fit | Main Pool | Clare/Katrin | Water Workout |
| 11:15 - 12:15 | BODYJAM | Dance Studio | Dawn & Claire | Cardio |
| 12:30 - 13:30 | Yoga | Dance Studio | Rophin H | Mind & Body |
| 18:00 - 18:45 | BODYPUMP | Dance Studio | Mark | Strength/Conditioning |
| 18:00 - 18:45 | Brio Cycle | Spin Studio | Jon | Cardio |
| 19:00 - 19:45 | Brio Cycle | Spin Studio | Mark | Cardio |
| 19:00 - 19:45 | Brio Kettlebell | Dance Studio | Jon | Strength/Conditioning |
| 19:15 - 20:00 | Brio Dance | Sports Hall | Sue | Cardio |