

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 12/09/2024

Times for Wednesday 18 September



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
11:15 - 12:00	YogaScape	Dance Studio	Jo	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