

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 14/09/2024

### Times for Friday 20 September



Time	Session	Facility	Instructor	Type
09:15 - 10:00	Aqua Fit	Main Pool	Tracey	Water Workout
09:30 - 10:30	Yoga	Dance Studio	Donna	Mind & Body
10:35 - 11:20	Pure Stretch	Sports Hall	Donna	Mind & Body
11:30 - 12:15	Pilates	Dance Studio	Tracey	Mind & Body
11:30 - 12:15	Brio Fusion	Sports Hall	Donna	Complete Body Workout
18:00 - 18:45	Brio Cycle	Spin Studio	Carol R	Cardio
18:15 - 19:00	Zumba	Dance Studio	Sue	Complete Body Workout
19:00 - 19:45	Pilates	Dance Studio	Carol R	Mind & Body