

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 15/09/2024

Times for Saturday 21 September



Time	Session	Facility	Instructor	Type
08:30 - 09:15	BODYPUMP	Dance Studio	Louise/Mica	Strength/Conditioning
08:30 - 09:15	Brio Fusion	Sports Hall	Donna	Complete Body Workout
09:30 - 10:15	Tai Chi	Dance Studio	Donna	Mind & Body
09:30 - 10:15	BODYCOMBAT	Sports Hall	Louise/Mica	Complete Body Workout
09:30 - 10:30	Brio Cycle	Spin Studio	Lorna	Cardio
10:30 - 11:30	Pure Stretch	Sports Hall	Donna	Mind & Body
11:00 - 11:45	Spartan HIIT	The Box	Gym Team	Interval
11:30 - 12:30	BODYJAM	Sports Hall	Dawn & Claire	Cardio