

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 18/10/2024

### Times for Saturday 28 September



Time	Session	Facility	Instructor	Type
08:30 - 09:15	Brio Fusion	Sports Hall	Donna	Complete Body Workout
08:30 - 09:15	BODYPUMP	Dance Studio	Mica/Louise/Allan	Strength/Conditioning
09:30 - 10:15	Tai Chi	Dance Studio	Donna	Mind & Body
09:30 - 10:15	BODYCOMBAT	Sports Hall	Mica/Louise/Allan	Complete Body Workout
09:30 - 10:30	Brio Cycle	Spin Studio	TBC	Cardio
10:30 - 11:15	BODYATTACK	Dance Studio	Louise/Tomoko	Complete Body Workout
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