

# Fitness Class Timetable

## Winsford Lifestyle Centre

Accurate as of 18/10/2024

### Times for Sunday 29 September



Time	Session	Facility	Instructor	Type
09:00 - 09:45	BODYPUMP	Dance Studio	Allan/Georgina	Strength/Conditioning
10:00 - 10:45	BODYCOMBAT	Dance Studio	Allan/Georgina	Complete Body Workout
10:15 - 11:00	Zumba	Sports Hall	Sue	Complete Body Workout
11:00 - 11:45	Spartan HIIT	The Box	Gym Team	Interval
11:15 - 12:00	Pilates	Sports Hall	Sue	Mind & Body