

Ellesmere Port Sports Village Fitness Class Timetable

MONDAY	
6.45am - 7.30am Vicky	Brio Cycle
9.15am - 10.00am Michelle	Clubbercise®
9.30am - 10.15am Sasha	BODYPUMP®*
10.30am - 11.15am Sasha	Brio Cycle
10.45am - 11.30am Daniella	Zumba®
11.00am - 12.00pm Dora	Pilates
12.00pm - 12.45pm Lisa	Brio Move
1.15pm - 2.00pm Lisa	Brio Move Circuits
5.15pm - 6.00pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Becky	Brio Cycle
5.30pm - 6.15pm Dan	Metafit & Core
6.00pm - 6.45pm Emma	Brio Legs, Bums & Tums
6.15pm - 7.00pm Mel	BODYPUMP®*
6.15pm - 7.00pm Becky	Brio Cycle
6.30pm - 7.15pm Dan	Brio Kettlebell
7.15pm - 7.45pm Emma	HIITSTEP®
7.15pm - 8.00pm Julie	Aqua Fit
7.30pm - 8.15pm Faye	Pilates

TUESDAY	
7.00am - 7.45am Jan	Brio Cycle
9.00am - 9.45am Jan	Brio Cycle
10.00am - 10.45am Becky	Brio Cycle
10.00am - 11.00am Mel	BODYCOMBAT®*
10.15am - 11.15am Urška	Yoga
11.15am - 12.00pm Mel	BODYPUMP®*
11.15am - 12.15pm Urška	Pilates
5.15pm - 6.00pm Jan	Brio Cycle
5.15pm - 5.45pm Robb	HIITSTEP®
6.00pm - 6.45pm Dan	Brio Circuits
6.00pm - 6.45pm Bev	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 7.00pm Jan	Brio Cycle
7.05pm - 8.00pm Dan	Brio Kettlebell
7.15pm - 8.00pm Faye	Brio Step
7.15pm - 8.00pm Julie	Aqua Fit

WEDNESDAY	
6.45am - 7.30am Suzie	BODYPUMP®*
9.30am - 10.15am Sarah	BODYPUMP®*
9.30am - 10.25am Dora	Pilates
10.00am - 10.45am Jan	Brio Cycle
10.30am - 11.15am Dora	Brio Dance
11.00am - 11.45am Jan	Brio Cycle
11.30am - 12.15pm Dora	Brio Move Circuits
5.15pm - 6.00pm Lisa	Brio Cycle
5.15pm - 6.00pm Robb	BODYATTACK®*
5.30pm - 6.00pm Emma	HIITSTEP®
6.00pm - 7.00pm Emma	Hour of Power
6.05pm - 6.50pm Michelle	Clubbercise®
6.15pm - 7.00pm Lisa	Brio Cycle
7.00pm - 8.00pm Mel	BODYCOMBAT®*
7.15pm - 8.00pm Ceri	BODYPUMP®*
7.15pm - 7.45pm Victoria	FloatFit HIIT®
7.45pm - 8.15pm Victoria	FloatFit Balance®

THURSDAY	
9.15am - 10.15am Sasha	Pilates
9.30am - 10.15am Mel	BODYPUMP®**
10.00am - 10.45am Becky	Brio Cycle
10.30am - 11.15am Mel	BODYCOMBAT®*
11.35am - 12.20pm Sarah	Aqua Fit
5.15pm - 6.00pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Grace	Zumba®
5.15pm - 6.00pm Becky	Brio Cycle
6.15pm - 7.00pm Ceri	BODYPUMP®*
6.15pm - 7.00pm Emma	Brio Burn
6.15pm - 7.00pm Becky	Brio Cycle
7.05pm - 7.50pm Sarah	Aqua Fit
7.15pm - 8.00pm Emma	Brio Kettlebell
7.15pm - 8.00pm Robb	BODYCOMBAT®*

FRIDAY	
6.45am - 7.30am Vicky	BODYPUMP®*
9.20am - 10.05am Lisa	Aqua Zumba
9.15am - 10.00am Sarah	BODYCOMBAT®*
10.00am - 10.45am Jan	Brio Cycle
10.15am - 11.00am Sarah	BODYPUMP®*
10.15am - 11.15am Urška	Yoga
11.30pm - 12.15pm Urška	Brio Move
12.30pm - 1.30pm Urška	Pilates
5.15pm - 6.00pm Grace	Zumba
5.30pm - 6.15pm Jan	Brio Cycle
6.00pm - 6.45pm Mel	BODYPUMP®*
6.15pm - 7.15pm Sasha	Yogalates
7.00pm - 7.45pm Mel	BODYCOMBAT®*

SATURDAY	
9.00am - 9.30am Robb	Metafit
9.00am - 9.45am Lisa	Brio Cycle
9.30am - 10.15am Vicky	BODYPUMP®*
9.45am - 10.30am Robb	BODYATTACK®*
10.45am - 11.30am Robb	BODYCOMBAT®*

SUNDAY	
9.00am - 9.45am Luke	Brio Cycle
9.30am - 10.15am Mel	BODYCOMBAT®*
10.00am - 10.45am Luke	Brio Cycle
10.30am - 11.30am Mel	BODYPUMP®*
3.10pm - 3.55pm Sarah	Aqua Fit
4.00pm - 5.00pm Callum	BODYCOMBAT®*

**FROM
£4.30
FREE
TO PREMIER MEMBERS**

Be sure to check our website before you leave home to make sure you've got the most up to date information about our centres.

brioleisure.org

* These are premium rate sessions