

Frodsham Leisure Centre Fitness Class Timetable

MONDAY

6.00pm - 6.45pm Luke	Brio Cycle
6.00pm - 6.45pm Sara	Brio Circuits
6.00pm - 7.00pm Yvonne	Brio Dance
7.00pm - 7.45pm Luke	Brio Cycle
7.00pm - 7.45pm Sara	Brio Box

TUESDAY

6.00pm - 6.45pm Sara	Brio Cycle
7.00pm - 7.45pm Sara	Brio HIIT

WEDNESDAY

6.00pm - 6.45pm Gill	Brio Cycle
7.00pm - 7.45pm Gill	Brio Cycle
7.15pm - 8.00pm Chris	Brio Circuits

THURSDAY

6.00pm - 6.45pm Luke	Brio Cycle
7.00pm - 7.45pm Luke	Brio Kettlebell

THURSDAY - OUTDOOR CLASSES

ALL WEATHER PITCH

6.00pm - 6.45pm	Brio Bootcamp	Chris
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SATURDAY

8.30am - 9.15am Gill	Brio Cycle
9.30am - 10.15am Sara	Brio Kettlebell
10.30am - 11.30am Sara	Pilates

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