

Neston Recreation Centre Fitness Class Timetable

MONDAY	
09.15am - 10.00am Carla	Brio Core
10.15am - 11.00am Heather	Pilates
10.30am - 11.15am Carla	Aqua Fit
11.15am - 12.00am Heather	Pilates
5.15pm - 6.00pm Donna	Fitness Pilates
5.40pm - 6.25pm Carla	Vibe Cycle
6.15pm - 7.00pm Donna	Brio Burn
6.15pm - 7.00pm Dave	Brio HIIT
7.15pm - 8.00pm Donna	Brio Kettlebell
7.15pm - 8.00pm Grace	Zumba®
7.15pm - 8.00pm Dave	Brio Cycle*
8.15pm - 9.00pm Claire	Clubbercise®

TUESDAY	
9.15am - 10.00am Robb	BODYPUMP®*
9.15am - 10.00am Carla	Vibe Cycle
10.15am - 11.00am Robb	BODYCOMBAT®*
11.15am - 12.15pm Lynn	Yoga
5.15pm - 6.00pm Suzie	Metafit & Core
6.15pm - 7.00pm Heather	Pilates
6.15pm - 7.00pm Matt	BODYCOMBAT®*
6.15pm - 7.00pm Suzie	Brio Cycle*
7.15pm - 8.00pm Heather	Brio Ball
7.15pm - 8.00pm Sarah	FitSteps
7.30pm - 8.15pm Matt	Aqua Fit
8.15pm - 9.00pm Heather	Pilates

WEDNESDAY	
9.15am - 10.00am Carla	Fitness Pilates
10.15am - 11.00am Carla	Brio Kettlebell
11.15am - 12.00pm Carla	Brio Core
5.15pm - 6.00pm Suzie	Metafit & Core
5.40pm - 6.25pm Carla	Vibe Cycle
6.15pm - 7.00pm Suzie	BODYPUMP®*
7.15pm - 8.00pm Heather	Brio Burn
7.15pm - 8.00pm Grace	Zumba®
8.15pm - 9.00pm Heather	Pilates
8.15pm - 9.00pm Claire	Clubbercise®

THURSDAY	
9.10am - 9.55am Matt	BODYPUMP®*
9.15am - 10.00am Carla	Vibe Cycle
10.00am - 10.30am Matt	Brio HIIT
10.30am - 11.15am Carla	Fitness Pilates
10.35am - 11.20am Matt	Aqua Fit
12.00pm - 1.00pm Lynn	Yoga
5.15pm - 6.00pm Suzie	Metafit & Core
6.15pm - 7.00pm Suzie	BODYPUMP®*
6.15pm - 7.00pm Donna	Fight Fit HIIT
7.15pm - 8.00pm Donna	Fitness Pilates
7.15pm - 8.00pm Sarah	FitSteps

FRIDAY	
9.15am - 10.00am Holly	Brio HIIT
9.15am - 10.00am Carla	Vibe Cycle
10.15am - 11.00am Holly	HIITSTEP & Core
11.15am - 12.00pm Heather	Pilates
12.15pm - 1.00pm Heather	Pilates
2.30pm - 3.15pm Mel	Aqua Fit
5.15pm - 6.00pm Estanis	Brio Kettlebell
6.15pm - 7.00pm Suzie	BODYPUMP®*
6.15pm - 7.00pm Claire	Clubbercise®
7.15pm - 8.00pm Suzie	Brio Conditioning

SATURDAY	
9.15am - 10.00am Claire	Zumba
9.15am - 10.00am Estanis	Brio Bootcamp
10.15am - 11.00am Heather	Brio Ball
11.15am - 12.00pm Heather	Pilates
12.15pm - 1.00pm Heather	Pilates

SUNDAY	
9.10am - 9.55am Dave	Brio Cycle**
9.15am - 10.00am Matt	BODYPUMP®*
10.15am - 11.00am Dave	Brio Circuits
10.15am - 11.00am Matt	Pilates
11.15am - 12.00pm Matt	Pilates

* These are premium rate sessions

**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