

Winsford Lifestyle Centre Fitness Class Timetable

MONDAY	
9.15am - 10.00am Lorraine	Fit Steps
10.25am - 11.10am Tracey	Brio Legs, Bums & Tums
10.30am - 11.15am Lorraine	Aqua Fit
11.15am - 12.00pm Dawn/Claire	BODYJAM®
5.00pm - 5.45pm Lorna	Brio Cycle*
6.00pm - 6.45pm Lorna	Brio Cycle*
6.00pm - 6.45pm Mark	BODYPUMP®*
7.00pm - 7.45pm Mark	Brio Cycle*
7.15pm - 8.00pm Lorraine	Zumba®

TUESDAY	
6.45am - 7.30am Lee	Brio HIIT
10.30am - 11.15am Lorraine	Zumba®
11.30am - 12.15pm Tracey	Pilates
6.00pm - 6.45pm Mica	Brio Cycle*
6.00pm - 6.45pm Tomoko	BODYPUMP®*
6.30pm - 7.15pm Molly	Masters Swim
7.15pm - 8.00pm Lorraine	Zumba®
7.30pm - 8.15pm Tracey	Aqua Fit

WEDNESDAY	
7.00am - 7.45am Tracey	Brio Cycle*
9.15am - 10.00am Tracey	Brio Legs, Bums & Tums
10.15am - 11.00am Tracey	Aqua Fit
10.30am - 11.15am Angie	BODYPUMP®*
11.30am - 12.15pm Tracey	Pilates
12.30pm - 1.00pm Tracey	Brio Cycle*
5.00pm - 5.45pm Dale	Brio Kettlebell
6.00pm - 6.45pm Jon	Brio Cycle*
6.15pm - 7.00pm Mica	BODYPUMP®*
7.00pm - 7.45pm Jon	Brio Cycle*
7.15pm - 8.00pm Mica	BODYCOMBAT®*
8.15pm - 9.00pm Dawn	Clubbercise®

THURSDAY	
9.00am - 9.45am Lorraine	Aqua Fit
10.00am - 10.45am Lorraine	Fit Steps
11.00am - 11.45am Yvonne	Zumba Gold®
6.00pm - 6.45pm Dawn / Claire	BODYJAM®*
6.00pm - 6.45pm Mark	Brio Cycle*
7.00pm - 7.45pm Lorraine	Zumba®
7.00pm - 7.45pm Mark	Brio Cycle*

FRIDAY	
9.15am - 10.00am Clare	Power Yoga
9.30am - 10.15am Tracey	Aqua Fit
10.15am - 11.00am Lorraine	Zumba®
11.30am - 12.15pm Tracey	Pilates
5.30pm - 6.00pm Daniela	HIITSTEP®
5.45pm - 6.30pm Alison	Brio Cycle*
6.15pm - 7.00pm Daniela	Zumba®

SATURDAY	
8.30am - 9.15am Mica	BODYPUMP®*
9.00am - 9.45am Lorna	Brio Cycle*
9.30am - 10.15am Mica	BODYCOMBAT®*
10.00am - 10.45am Lorna	Brio Cycle*
10.30am - 11.15am Donna	Tai Chi
11.30am - 12.15pm Donna	Pure Stretch
12.30pm - 1.15pm Dawn	Clubbercise®
1.30pm - 2.15pm Dawn / Claire	BODYJAM®*

SUNDAY	
8.30am - 9.15am Mica	BODYPUMP®*
9.30am - 10.15am Mica	BODYCOMBAT®*
10.30am - 11.15am Sue	Zumba
11.30am - 12.15pm Sue	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

* These are premium rate sessions