

Winsford Lifestyle Centre Fitness Class Timetable

MONDAY		
9.15am - 10.00am Lorraine	Fit Steps	B
10.15am - 11.00am Dawn/Claire	BODYJAM®	B
10.15am - 11.00am Tracey	Brio LBT	B
10.30am - 11.15am Lorraine	Aqua Fit	C
5.00pm - 5.45pm Lorna	Brio Cycle*	A
6.00pm - 6.45pm Lorna	Brio Cycle*	A
6.00pm - 6.45pm Mark	BODYPUMP®*	B
7.00pm - 7.45pm Dale	Brio Circuits	B
7.00pm - 7.45pm Mark	Brio Cycle*	A
7.15pm - 8.00pm Lorraine	Zumba®	B
7.30pm - 8.30pm Tracey	Pilates	B

TUESDAY		
7.15am - 8.00am Lee	Brio HIIT	B
10.30am - 11.15am Lorraine	Zumba®	B
11.30am - 12.15pm Tracey	Pilates	B
12.15pm - 1.00pm Tomoko	Brio Move Circuits	B
6.00pm - 6.45pm Mica	Brio Cycle*	A
6.00pm - 6.45pm Tomoko	BODYPUMP®*	B
7.00pm - 7.45pm Lorraine	Zumba®	B
7.30pm - 8.15pm Tracey	Aqua Fit	C

WEDNESDAY		
7.00am - 7.45am Tracey	Brio Cycle*	A
9.15am - 10.00am Tracey	Brio LBT	B
10.00am - 10.45am Yvonne	Zumba Gold®	B
10.15am - 11.00am Angie	BODYPUMP®*	B
10.15am - 11.00am Tracey	Aqua Fit	C
12.15pm - 12.45pm Tracey	Brio Cycle*	A
5.15pm - 6.00pm Dale	Brio Kettlebell	B
6.00pm - 6.45pm Jon	Brio Cycle*	A
6.00pm - 6.45pm Mica	BODYPUMP®*	B
7.00pm - 7.45pm Jon	Brio Cycle*	A
7.00pm - 7.45pm Mica	BODYCOMBAT®*	B
8.00pm - 8.45pm Dawn	Clubbercise®	B

THURSDAY		
9.00am - 9.45am Lorraine	Aqua Fit	C
10.00am - 10.45am Lorraine	Fit Steps	B
11.00am - 11.45am Yvonne	Zumba Gold®	B
5.30pm - 6.15pm Dale	Brio Circuits	B
6.00pm - 6.45pm Dawn / Claire	BODYJAM®*	B
6.00pm - 6.45pm Mark	Brio Cycle*	A
7.00pm - 7.45pm Lorraine	Zumba®	B
7.00pm - 7.45pm Mark	Brio Cycle*	A
7.30pm - 8.15pm Izzy	Masters Swim	B

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

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

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

ENTRANCES	
Dance Studio	A
Main Hall	B
Pool	C

CHECK YOUR CLASS
ENTRANCE POINT
BEFORE ARRIVAL

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

FROM
£4.30
FREE
TO PREMIER MEMBERS

* These are premium rate sessions