Ellesmere Port Sports Village
Fitness Class Timetable
January - April 2020

Brio Fitness

MONDAY

6.45am - 7.30am Vicky	Brio Cycle*	
9.30am - 10.00am Ruby	HIITStep	
9.30am - 10.15am Lisa	Post-natal Cycle	
10.15am - 11.00am Sasha	BODYPUMP®*	
10.30am - 11.00am Gym Team	Gym HIIT**	
11.00am - 12.00pm Dora	Pilates	
11.15am - 12.00pm Sasha	Brio Cycle*	
11.15am - 12.00pm Helen	Zumba Toning	
12.00pm - 1.00pm Lisa	Brio Move	
1.15pm - 1.45pm Dave	Gym HIIT**	
1.15pm - 2.00pm Lisa	Brio Move Circuits	
5.15pm - 5.45pm Sarah	BODYATTACK®*	
5.15pm - 6.00pm Jan	Brio Cycle*	
5.30pm - 6.15pm Dan	Metafit & Core®	
6.00pm - 6.45pm Emma	Brio LBT	
6.00pm - 7.00pm Mel	BODYPUMP®*	
6.05pm - 6.55pm Julie O	Aqua Fit	
6.15pm - 7.15pm Becky	Brio Cycle*	
6.15pm - 6.45pm Gym Team	Gym HIIT**	
6.30pm - 7.30pm Dan	Brio Kettlebell	
7.15pm - 7.45pm Emma	HIITStep®	
7.15pm - 8.15pm Becky	Brio Cycle*	
7.30pm - 8.00pm Gym Team	Gym HIIT**	
7.30pm - 8.30pm Faye	Pilates	

TUESDAY

7.00am - 7.45am Jan	Brio Cycle*	
9.30am - 10.15am Ruby	Clubbercise®	
9.30am - 10.30am Jess	Brio Cycle*	
10.00am - 11.00am Mel	BODYCOMBAT®*	
10.15am - 11.15am Urska	Yoga	
10.30am - 11.00am Gym Team	Gym HIIT**	
11.15am - 12.00pm Mel	BODYPUMP®*	
11.15am - 12.15pm Urska	Pilates	
1.00pm - 2.00pm	Relaxed Gym Hours	
5.15pm - 5.45pm Robb	Metafit®	
5.15pm - 6.00pm Jan	Brio Cycle*	
5.30pm - 6.00pm Dora	Brio Core	
6.00pm - 6.45pm Dan	Brio Circuits	
6.00pm - 7.00pm Bev	BODYPUMP®*	
6.00pm - 7.00pm Sasha	Yogalates	
6.15pm - 6.45pm Gym Team	Gym HIIT**	
6.15pm - 7.00pm Jan	Brio Cycle*	
6.30pm - 7.30pm Julie O	Aqua Fit	
7.00pm - 7.45pm Jan	Brio Cycle*	
7.05pm - 8.00pm Dan	Brio Kettlebell	
7.15pm - 8.15pm Faye	Brio Step	
7.30pm - 8.00pm Gym Team	Gym HIIT**	
7.30pm - 8.00pm Julie O	Aqua HIIT	

WEDNESDAY

6.45am - 7.30am Suzie	BODYPUMP®*	
9.30am - 10.15am Ruby	BODYPUMP®*	
9.30am - 10.25am Dora	Pilates	
10.00am - 10.45am Jan	Brio Cycle*	
10.30am - 11.00am Gym Team	Gym HIIT**	
10.30am - 11.15am Dora	Zumba Gold	
10.30am - 12.00pm Najia	Beginners Tai Chi	
10.45am - 11.30am Jan	Brio Cycle*	
11.30am - 12.15pm Dan	Brio Move Circuits	
5.15pm - 6.00pm Lisa	Brio Cycle*	
5.15pm - 6.00pm Robb	BODYATTACK®*	
5.30pm - 6.00pm Emma	Metafit®	
6.00pm - 6.45pm Michelle	Clubbercise®	
6.00pm - 7.00pm Emma	The Hour of Power	
6.15pm - 6.45pm Gym Team	Gym HIIT**	
6.15pm - 7.00pm Lisa	Brio Cycle*	
7.00pm - 8.00pm Mel	BODYCOMBAT®*	
7.00pm - 7.30pm Victoria	FloatFit HIIT® NEW CLASS	
7.10pm - 7.55pm Ceri	BODYPUMP®*	
7.30pm - 8.00pm Victoria	FloatFit Balance® NEW CLASS	
8.15pm - 9.15pm Vivienne	Yoga	

THURSDAY

6.45am - 7.15am Brad	Gym HIIT**	
6.45am - 7.15am Suzie	FloatFit HIIT® NEW CLASS	
7.15am - 7.45am Suzie	FloatFit Balance® NEW CLASS	
9.30am - 10.25am Sasha	Pilates	
9.30am - 10.15am Ceri	BODYPUMP®*	
10.00am - 10.45am Ruby	Brio Cycle*	
10.30am - 11.00am Gym Team	Gym HIIT	
10.30am - 11.15am Mel	BODYCOMBAT®*	
10.30am - 11.15am Ginette	Clubbercise®	
11.00am - 12.00pm Sarah	Aqua Fit	
11.30am - 12.15pm Julie G	PiYo	
1.00pm - 1.45pm Dan	Brio Move Circuits	
1.00pm - 2.00pm	Relaxed Gym Hours	
5.15pm - 6.00pm Sarah	BODYATTACK®*	
5.15pm - 6.00pm Helen	Zumba Toning	
5.15pm - 6.00pm Becky	Brio Cycle*	
6.10pm - 7.10pm Emma	Brio Burn	
6.15pm - 6.45pm Gym Team	Gym HIIT**	
6.15pm - 7.00pm Mel	BODYPUMP®*	
6.30pm - 7.30pm Becky	Brio Cycle*	
7.00pm - 7.45pm Sarah	Aqua Fit	
7.15pm - 8.00 pm Emma	Brio LBT	
7.15pm - 8.00pm Robb	BODYCOMBAT®*	
8.00pm - 9.00pm Traci	Brio Tri Training	

FRIDAY

6.45am - 7.30am Vicky	BODYPUMP®*	
9.15am - 10.00am Helen	Aqua Zumba	
9.30am - 10.00am Robb	HIITStep	
9.30am - 10.30am Sarah	BODYPUMP®*	
10.30am - 11.00am Gym Team	Gym HIIT**	
10.30am - 11.15am Robb	BODYCOMBAT®*	
10.30am - 11.30am Jan	Brio Cycle*	
10.45am - 11.45am Urska	Yoga	
12.00pm - 1.00pm Urska	Brio Move	
12.15pm - 12.45pm Lisa	FloatFit HIIT® NEW CLASS	
12.45pm - 1.15pm Lisa	FloatFit Balance® NEW CLASS	
1.15pm - 2.15pm Urska	Pilates	
5.15pm - 6.00pm Helen	Zumba	
6.00pm - 7.00pm Mel	BODYPUMP®*	
6.00pm - 7.00pm Sasha	Yogalates	
6.15pm - 6.45pm Gym Team	Gym HIIT**	
6.30pm - 7.30pm Jan	Brio Cycle	
7.15pm - 8.15pm Mel	BODYCOMBAT®*	

SATURDAY

8.30am - 9.15am Lisa	Brio Cycle*	
9.00am - 9.30am Robb	Metafit®	
9.30am - 10.15am Robb	BODYATTACK®*	
9.30am - 10.30am Vicky	BODYPUMP®*	
10.30am - 11.00am Gym Team	Gym HIIT**	
10.30am - 11.15am Robb	BODYCOMBAT®*	
11.30am - 1.00pm Najia	Advanced Tai Chi	

SUNDAY

8.15am - 9.00am Ruby	Brio Cycle*	
9.15am - 10.00am Ruby	Brio Cycle*	
9.30am - 10.15am Mel	BODYCOMBAT®*	
10.10am - 10.55am Ruby	Clubbercise®	
10.15am - 11.00am Colin	Brio Cycle*	
10.30am - 11.00am Gym Team	Gym HIIT**	
10.30am - 11.30am Mel	BODYPUMP®*	
12.15pm - 12.45pm Dan	FloatFit HIIT® NEW CLASS	
12.45pm - 1.15pm Dan	FloatFit Balance® NEW CLASS	
4.00pm - 5.00pm Sarah	Aqua Fit	
5.00pm - 6.00pm Robb	BODYCOMBAT®*	

QUICK KEY

Cardio
Mind & Body
Strength / Conditioning
Water Workout

Classes with this symbol are suitable for those living with Dementia, Autism or any other cognitive disorders.

* These are premium rate sessions
**A Welcome Workout is required before taking part in this class
^ Price correct as of printing, based on a 30 minute class in conjunction with a Leisure Card.

brioleisure.org/timetables