



CHECK YOUR SESSION
ENTRANCE POINT
BEFORE ARRIVAL

Ellesmere Port Sports Village Gym Timetable

ENTRANCE B

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session	8.00am - 8.55am	Gym Session
7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session	9.00am - 9.55am	Gym Session
8.00am	Welcome Workout	8.00am	Welcome Workout	8.00am	Welcome Workout	8.00am	Welcome Workout	8.00am	Welcome Workout	10.00am	Welcome Workout
8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session	10.00am - 10.55am	Gym Session
9.30am - 10.25am	Gym Session	9.30am - 10.25am	Gym Session	9.30am - 10.25am	Gym Session	9.30am - 10.25am	Gym Session	9.30am - 10.25am	Gym Session	11.00am - 11.55am	Gym Session
10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout	12.00pm - 12.55pm	Gym Session
10.30am - 11.25am	Gym Session	10.30am - 11.25am	Gym Session	10.30am - 11.25am	Gym Session	10.30am - 11.25am	Gym Session	10.30am - 11.25am	Gym Session	1.00pm - 1.55pm	Gym Session
11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session	2.00pm	Welcome Workout
12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session	2.00pm - 2.55pm	Gym Session
1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session	3.00pm - 3.55pm	Gym Session
2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout		
2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session		
3.30pm - 4.25pm	Gym Session	3.30pm - 4.25pm	Gym Session	3.30pm - 4.25pm	Gym Session	3.30pm - 4.25pm	Gym Session	3.30pm - 4.25pm	Gym Session		
4.00pm	Welcome Workout	4.00pm	Welcome Workout	4.00pm	Welcome Workout	4.00pm	Welcome Workout	4.00pm	Welcome Workout		
4.30pm - 5.25pm	Gym Session	4.30pm - 5.25pm	Gym Session	4.30pm - 5.25pm	Gym Session	4.30pm - 5.25pm	Gym Session	4.30pm - 5.25pm	Gym Session		
5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session		
6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session		
7.00pm	Welcome Workout	7.00pm	Welcome Workout	7.00pm	Welcome Workout	7.00pm	Welcome Workout	7.00pm	Welcome Workout		
7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session		
8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
8.00am - 8.55am	Gym Session	8.00am - 8.55am	Gym Session	8.00am - 8.55am	Gym Session	8.00am - 8.55am	Gym Session	8.00am - 8.55am	Gym Session	8.00am - 8.55am	Gym Session
9.00am - 9.55am	Gym Session	9.00am - 9.55am	Gym Session	9.00am - 9.55am	Gym Session	9.00am - 9.55am	Gym Session	9.00am - 9.55am	Gym Session	9.00am - 9.55am	Gym Session
10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout	10.00am	Welcome Workout
10.00am - 10.55am	Gym Session	10.00am - 10.55am	Gym Session	10.00am - 10.55am	Gym Session	10.00am - 10.55am	Gym Session	10.00am - 10.55am	Gym Session	10.00am - 10.55am	Gym Session
11.00am - 11.55am	Gym Session	11.00am - 11.55am	Gym Session	11.00am - 11.55am	Gym Session	11.00am - 11.55am	Gym Session	11.00am - 11.55am	Gym Session	11.00am - 11.55am	Gym Session
12.00pm - 12.55pm	Gym Session	12.00pm - 12.55pm	Gym Session	12.00pm - 12.55pm	Gym Session	12.00pm - 12.55pm	Gym Session	12.00pm - 12.55pm	Gym Session	12.00pm - 12.55pm	Gym Session
1.00pm - 1.55pm	Gym Session	1.00pm - 1.55pm	Gym Session	1.00pm - 1.55pm	Gym Session	1.00pm - 1.55pm	Gym Session	1.00pm - 1.55pm	Gym Session	1.00pm - 1.55pm	Gym Session
2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout	2.00pm	Welcome Workout
2.00pm - 2.55pm	Gym Session	2.00pm - 2.55pm	Gym Session	2.00pm - 2.55pm	Gym Session	2.00pm - 2.55pm	Gym Session	2.00pm - 2.55pm	Gym Session	2.00pm - 2.55pm	Gym Session
3.00pm - 3.55pm	Gym Session	3.00pm - 3.55pm	Gym Session	3.00pm - 3.55pm	Gym Session	3.00pm - 3.55pm	Gym Session	3.00pm - 3.55pm	Gym Session	3.00pm - 3.55pm	Gym Session

We've changed the way you visit our centres!

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brioleisure.org/welcomeback

**PRE-BOOKING
IS REQUIRED
FOR ALL
SESSIONS**