



**CHECK YOUR CLASS  
ENTRANCE POINT  
BEFORE ARRIVAL**

# Ellesmere Port Sports Village Fitness Class Timetable

MONDAY		
6.45am - 7.30am Vicky	BODYCOMBAT®*	C
9.30am - 10.00am Ruby	HIITSTEP®	B
10.15am - 11.00am Sasha	BODYPUMP®*	B
11.00am - 11.45am Sasha	Pilates	C
12.40pm - 1.10pm Matt	FloatFit HIIT®	A
1.20pm - 1.50pm Matt	FloatFit Balance®	A
5.15pm - 6.00pm Dan	Metafit & Core	C
6.00pm - 6.45pm Mel	BODYPUMP®*	B
6.15pm - 7.00pm Emma	Brio LBT	C
6.30pm - 7.15pm Julie O	Aqua Fit	A
7.15pm - 7.45pm Emma	HIITSTEP®	B
7.30pm - 8.30pm Faye	Pilates	C

WEDNESDAY		
6.45am - 7.30am Suzie	BODYPUMP®*	B
9.30am - 10.15am Ruby	BODYPUMP®*	B
9.30am - 10.15am Matt	Pilates	C
10.30am - 11.15am Helen	Zumba Gold	C
12.40pm - 1.10pm Daniela	FloatFit HIIT®	A
1.20pm - 1.50pm Daniela	FloatFit Balance®	A
5.15pm - 6.00pm Robb	BODYATTACK®*	C
5.30pm - 6.00pm Emma	HIITSTEP®	B
6.15pm - 7.00pm Emma	HOP Blast	C
7.00pm - 7.30pm Victoria	FloatFit HIIT®	A
7.00pm - 7.45pm Ceri	BODYPUMP®*	B
7.15pm - 8.00pm Mel	BODYCOMBAT®*	C
7.45pm - 8.15pm Victoria	FloatFit Balance®	A

THURSDAY		
6.30am - 7.00am Suzie	FloatFit HIIT®	A
7.15am - 7.45am Suzie	FloatFit Balance®	A
9.30am - 10.15am Sasha	Pilates	C
9.30am - 10.15am Ceri	BODYPUMP®*	B
10.30am - 11.15am Mel	BODYCOMBAT®*	C
11.30am - 12.15pm Sarah	Aqua Fit	A
11.30am - 12.15pm Julie G	PiYo	C
5.15pm - 6.00pm Sarah	BODYATTACK®*	C
6.00pm - 6.45pm Mel	BODYPUMP®*	B
6.15pm - 7.00pm Emma	Brio Burn	C
7.15pm - 8.00pm Robb	BODYCOMBAT®*	C
7.30pm - 8.15pm Sarah	Aqua Fit	A

FRIDAY		
6.45am - 7.30am Vicky	BODYPUMP®*	B
9.00am - 9.30am Robb	HIITSTEP®	B
9.30am - 10.15am Helen	Aqua Zumba	A
9.45am - 10.30am Sarah	BODYPUMP®*	B
10.00am - 10.45am Robb	BODYCOMBAT®*	C
11.00am - 11.45am Urska	Yoga	C
12.00pm - 12.45pm Urska	Pilates	C
12.40pm - 1.10pm Suzie	FloatFit HIIT®	A
1.20pm - 1.50pm Suzie	FloatFit Balance®	A
5.15pm - 6.00pm Helen	Zumba	C
6.00pm - 6.45pm Mel	BODYPUMP®*	B
6.15pm - 7.00pm Sasha	Yogalates	C
7.15pm - 8.15pm Mel	BODYCOMBAT®*	C

TUESDAY		
9.15am - 10.00am Michelle	Clubbercise®	C
10.15am - 11.00am Mel	BODYCOMBAT®*	C
11.15am - 12.00pm Mel	BODYPUMP®*	B
11.15am - 12.00pm Urska	Yoga	C
12.15pm - 1.00pm Urska	Pilates	C
5.15pm - 5.45pm Robb	HIITSTEP®	B
5.30pm - 6.00pm Dan	Brio Core	C
6.15pm - 7.00pm Bev	BODYPUMP®*	B
6.30pm - 7.15pm Julie O	Aqua Fit	A
6.30pm - 7.15pm Dan	Metafit & Core	C
7.30pm - 8.15pm Faye	Brio Step	B

SATURDAY		
9.00am - 9.30am Robb	Metafit	C
9.45am - 10.30am Robb	BODYATTACK®*	C
9.30am - 10.15am Vicky	BODYPUMP®*	B
10.45am - 11.30am Robb	BODYCOMBAT®*	C

SUNDAY		
9.00am - 9.45am Dan	Metafit & Core	C
10.15am - 11.00am Mel	BODYCOMBAT®*	C
11.15am - 12.00pm Mel	BODYPUMP®*	B
12.15pm - 12.45pm Dan	FloatFit HIIT®	A
12.55pm - 1.25pm Dan	FloatFit Balance®	A
3.00pm - 3.45pm Sarah	Aqua Fit	A

## CLASSES AT ELLESMERE PORT CIVIC HALL

MONDAY	
6.00pm - 6.45pm Becky	Brio Cycle*
7.10pm - 7.55pm Becky	Brio Cycle*

TUESDAY	
9.00am - 9.45am Jan	Brio Cycle*
10.15am - 11.00am Jess	Brio Cycle*
6.00pm - 6.45pm Jan	Brio Cycle*
7.10pm - 7.55pm Jan	Brio Cycle*

WEDNESDAY	
10.00am - 10.45am Jan	Brio Cycle*
11.10am - 11.55am Jan	Brio Cycle*
5.15pm - 6.00pm Lisa	Brio Cycle*
6.20pm - 7.05pm Lisa	Brio Cycle*

THURSDAY	
9.30am - 10.15am Ruby	Brio Cycle*
5.15pm - 6.00pm Becky	Brio Cycle*
6.20pm - 7.05pm Becky	Brio Cycle*

FRIDAY	
11.15am - 12.00pm Jan	Brio Cycle*

**BANK  
HOLIDAY  
MONDAY**  
OPENING HOURS  
8.30am - 3.30pm

\*\*Sessions may vary on Bank Holiday Monday, for an up-to-date timetable, please check the online version.

**We've changed the way you visit our centres!**  
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, how we are making our centres safe for customers and your new brio journey.  
[brioleisure.org/welcomeback](http://brioleisure.org/welcomeback)

ENTRANCES	
Pool	A
Gym/Studios	B
Sports Hall	C

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