



# Ellesmere Port Sports Village Fitness Class Timetable January - April 2019

MONDAY AM	
6.45am - 7.30am Vicky	Brio Cycle*
9.30am - 10.15am Amber	Post-Natal Cycle*
9.30am - 10.30am Sasha	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Helen	Zumba Toning
10.30am - 11.30am Sasha	Brio Cycle*
11.00am - 12.00pm Dora	Pilates

TUESDAY AM	
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®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 12.00pm Tersia	Pilates
11.15am - 12.00pm Mel	BODYPUMP®*

WEDNESDAY AM	
6.45am - 7.30am Suzie	BODYPUMP®*
9.30am - 10.25am Dora	Pilates
9.30am - 10.15am Ruby	BODYPUMP®*
10.00am - 10.30am Jan	Brio Cycle*
10.30am - 11.30am Jan	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Dora	Zumba Gold
10.30am - 12.00pm Najia	Tai Chi <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW CLASS</span>
11.30am - 12.15pm Dora	Brio Move Circuits
11.45am - 12.30pm Jess	Brio Cycle*

THURSDAY AM	
6.45am - 7.15am Brad	Gym HIIT**
9.30am - 10.00am Ceri	BODYPUMP®* <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW CLASS</span>
9.30am - 10.25am Sasha	Brio Kettlebell
10.00am - 10.45am Ruby	Brio Cycle*
10.30am - 11.15am Mel	BODYCOMBAT®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 12.00pm Sarah	Aqua Fit
11.30am - 12.30pm Sasha	Pilates

FRIDAY AM	
6.45am - 7.30am Vicky	BODYPUMP®*
9.15am - 10.00am Helen	Aqua Zumba
9.30am - 10.15am Lily	BODYATTACK®*
9.30am - 10.30am Sarah	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Jan	Brio Cycle*

SATURDAY	
8.30am - 9.30am Julie	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®*

SUNDAY	
8.30am - 9.15am Ruby	Brio Cycle*
9.30am - 10.15am Mel	BODYCOMBAT®*
9.30am - 10.15am Ruby	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Mel	BODYPUMP®*
10.30am - 11.15am Ruby	Clubbercise
4.00pm - 5.00pm Sarah	Aqua Fit
5.00pm - 6.00pm Robb	BODYCOMBAT®*

MONDAY PM	
12.00pm - 12.45pm Dora	Brio Ball
12.00pm - 1.00pm Sarah	Brio Move
1.15pm - 1.45pm Dave	Gym HIIT**
1.15pm - 2.00pm Dora	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 - 7.00pm Emma	Brio LBT
6.00pm - 7.00pm Mel	BODYPUMP®*
6.05pm - 6.55pm Julie	Aqua Jog
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	Metafit®
7.15pm - 8.15pm Becky	Brio Cycle*
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.30pm - 8.30pm Faye	Pilates

TUESDAY PM	
5.15pm - 5.45pm Robb	Metafit®
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.00pm Sasha	Brio Core
6.00pm - 6.45pm Robb	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	Aqua Fit
6.30pm - 7.30pm Sarah	Aqua Jog (Deep End)
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	Aqua HIIT

WEDNESDAY PM	
5.15pm - 6.00pm Lisa	Brio Cycle*
5.15pm - 6.00pm Robb	BODYATTACK®*
5.30pm - 6.00pm Emma	Metafit®
6.00pm - 6.45pm Ruby	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 - 7.30pm Jo	SwimFit
7.00pm - 8.00pm Mel	BODYCOMBAT®*
7.10pm - 7.55pm Ceri	BODYPUMP®* <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW CLASS</span>
7.30pm - 8.00pm Jo	SwimFit
7.30pm - 8.00pm Gym Team	Gym HIIT**
8.15pm - 9.15pm Allison	Yoga

THURSDAY PM	
1.00pm - 2.00pm Dora	Brio Move Circuits
5.00pm - 5.45pm Helen	Zumba Toning
5.15pm - 5.45pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Becky	Brio Cycle*
6.00pm - 6.45pm Mel	BODYPUMP®*
6.00pm - 7.00pm Emma	Brio Burn
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Becky	Brio Cycle*
7.00pm - 7.45pm Robb	BODYCOMBAT®*
7.00pm - 7.45pm Sarah	Aqua Dance
7.00pm - 8.00pm Emma	Brio LBT
7.30pm - 8.00pm Gym Team	Gym HIIT**
8.00pm - 9.00pm Traci	Triathlon Training Technique

FRIDAY PM	
12.00pm - 1.00pm Urksa	Brio Move
1.15pm - 2.15pm Urksa	Pilates
5.00pm - 5.45pm Emma	Brio Kettlebell
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®*

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

We've renamed some of our classes. These are freestyle classes where instructors deliver their own unique style of group exercise. Suitable for all abilities.



\* 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.