

Frodsham Leisure Centre

Fitness Class Timetable

January - April 2019

MONDAY	
6.00pm - 6.45pm Sara D	Brio Circuits
6.00pm - 7.00pm Karen S	Brio Dance
6.00pm - 6.45pm Karen O	Brio Cycle*
6.45pm - 7.30pm Karen O	Brio Cycle*
7.00pm - 8.00pm Karen S	Pilates
7.00pm - 8.00pm Sara D	Brio Box





TUESDAY	
10.00am - 11.00am Karen S	Pilates
11.00am - 12.00pm Karen S	Brio Dance
6.00pm - 6.45pm Sara D	Brio Cycle*
7.00pm - 7.45pm Sara D	Brio HIIT

WEDNESDAY	
6.00pm - 7.30pm Lynn M	Hatha Yoga
6.00pm - 6.45pm Gill	Brio Cycle*
6.45pm - 7.30pm Gill	Brio Cycle*
7.15pm - 8.00pm Chris	Brio Circuits

THURSDAY	
6.10pm - 7.00pm Mark	Brio Kettlebell
6.00pm - 6.45pm Karen O	Brio cycle*
7.10pm - 8.00pm Mark	Brio Kettlebell

FRIDAY	
10.00am - 10.50am Mark	Brio Stretch
10.55am - 11.40am Mark	Brio Kettlebell

SATURDAY	
8.30am - 9.15am Gill	Brio Cycle*
9.30am - 10.30am Sarah D	Kettlercise
10.30am - 11.30am Carmen / Lynn	Hatha Yoga

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

FROM
£5.70[^]
FREE
 TO PREMIER MEMBERS

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
 ^ Price correct as of printing, based on a 60 minute class in conjunction with a leisure card.