



# Frodsham Leisure Centre Fitness Class Timetable May - August 2019

MONDAY		
6.00pm - 6.45pm Sara D	Brio Circuits	Cardio
6.00pm - 6.45pm Karen O	Brio Cycle*	Cardio
6.00pm - 7.00pm Karen S	Brio Dance	Cardio
6.45pm - 7.30pm Karen O	Brio Cycle*	Cardio
7.00pm - 8.00pm Karen S	Pilates	Mind & Body
7.00pm - 8.00pm Sara D	Brio Box	Strength / Conditioning

TUESDAY		
10.00am - 11.00am Karen S	Pilates	Mind & Body
11.00am - 12.00pm Karen S	Brio Dance	Cardio
6.00pm - 6.45pm Sara D	Brio Cyle*	Cardio
6.00pm - 7.00pm Luke	Brio Kettlebell	Strength / Conditioning
7.00pm - 7.45pm Sara D	Brio HIIT	Cardio

WEDNESDAY		
6.00pm - 6.45pm Gill	Brio Cycle*	Cardio
6.00pm - 7.00pm Lynn M	Hatha Yoga	Mind & Body
6.45pm - 7.30pm Gill	Brio Cycle*	Cardio
7.15pm - 8.00pm Chris	Brio Circuits	Cardio

THURSDAY		
6.00pm - 6.45pm Karen O	Brio Cycle*	Cardio
6.10pm - 7.00pm Mark	Brio Kettlebell	Strength / Conditioning
7.10pm - 8.00pm Mark	Brio Kettlebell	Strength / Conditioning

FRIDAY		
10.00am - 10.50am Mark	Brio Core	Strength / Conditioning
10.55am - 11.40am Mark	Brio Kettlebell	Strength / Conditioning

SATURDAY		
8.30am - 9.15am Gill	Brio Cycle*	Cardio
9.30am - 10.30am Sara D	Kettlercise	Strength / Conditioning
10.30am - 12.00pm Carmen	Hatha Yoga	Mind & Body

QUICK KEY	
Cardio	Cardio
Mind & Body	Mind & Body
Strength / Conditioning	Strength / Conditioning
Water Workout	Water Workout

**FROM  
£4.30<sup>~</sup>  
FREE  
TO PREMIER MEMBERS**

\* These are premium rate sessions  
~ Price correct as of printing, based on a 30 minute class in conjunction with a leisure card.