

# Northgate Arena Fitness Class Timetable January - April 2019

MONDAY AM	
9.15am - 10.00am Helen	Zumba Toning
9.30am - 10.30am Becky	Brio Cycle*
10.00am - 11.00am Alison	Brio Burn
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 11.45am Alison	Aqua Fit
11.00am - 12.30pm Carole	Hatha Yoga
11.15am - 12.00pm Ruby	BODYPUMP®*
11.30am - 12.30pm Faye B	Pilates

TUESDAY AM	
6.45am - 7.30am Brian	BODYPUMP®*
9.30am - 10.30am Ali	Brio Cycle*
9.45am - 10.30am CJ	Zumba
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am CJ	Brio Burn
10.30am - 11.30am Ali	Aqua Fit
10.45am - 11.30am Amber	Post Natal Cycle*

WEDNESDAY AM	
9.30am - 10.30am Ali	Brio Cycle*
9.30am - 10.30am Mel	BODYPUMP®*
10.00am - 10.45am Hayley	Zumba
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Sarah	Aqua Fit <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW CLASS</span>
10.45am - 11.30am Mel	BODYCOMBAT®*
11.00am - 12.00pm Matt	Brio Burn

THURSDAY AM	
6.45am - 7.30am Suzie	BODYPUMP®*
9.15am - 10.00am Helen	Aqua Zumba
9.30am - 10.15am Robb	BODYATTACK®*
9.30am - 10.15am Julie	Brio Cycle*
10.30am - 11.15am Donna F	Brio Burn
10.30am - 11.00am Gym Team	Gym HIIT**
10.45am - 11.30pm Amber	Post Natal Cycle*
11.00am - 12.30pm Carole	Hatha Yoga
11.15am - 12.00pm Donna F	The Hour of Power®

MONDAY PM	
4.30pm - 5.00pm CJ	Brio Core
5.15pm - 5.45pm Robb	Metafit
5.15pm - 6.00pm CJ	Brio Dance
5.45pm - 6.15pm Ali	Brio Cycle*
6.00pm - 7.00pm Robb	BODYCOMBAT®*
6.00pm - 7.00pm Ruby	BODYPUMP®*
6.30pm - 7.30pm Ali	Brio Cycle*
7.00pm - 7.45pm Sarah	Aqua Jog
7.00pm - 8.00pm Faye	Pilates
7.15pm - 8.00pm Urska	Brio Burn
7.15pm - 8.15pm Mark	Brio Circuits
7.30pm - 8.15pm Amber/Nick	Brio Cycle*
8.00pm - 9.30pm Lynn	Yoga
8.05pm - 8.50pm Urska	Kettlercise

TUESDAY PM	
12.00pm - 12.45pm Faye	Pilates
12.00pm - 12.45pm Colin	Brio Cycle*
2.15pm - 3.00pm Joy	Pilates
3.00pm - 3.45pm Julie	Brio Move
5.15pm - 6.00pm Ruby	Brio Cycle*
5.15pm - 6.00pm Urska	Brio Core
6.00pm - 6.45pm Donna F	The Hour of Power®
6.00pm - 7.00pm Mel	BODYCOMBAT®*
6.00pm - 7.00pm Ruby	Brio Cycle*
6.00pm - 7.30pm Lisa	Hatha Yoga
6.45pm - 7.30pm Donna F	PiYo
7.00pm - 7.45pm Gemma	Zumba
7.15pm - 8.00pm Helen	Brio Cycle*
7.45pm - 8.30pm Urska	Kettlercise
8.00pm - 9.30pm Lisa	Hatha Yoga

WEDNESDAY PM	
12.15pm - 1.00pm Matt	Pure Stretch
5.15pm - 5.45pm Estanis	Metafit
5.30pm - 6.15pm Donna F	Fitness Pilates
5.45pm - 6.15pm Jan	Brio Cycle*
6.00pm - 7.00pm Matt	BODYPUMP®*
6.15pm - 7.00pm CJ	Brio Dance
6.30pm - 7.15pm Donna F	PiYo
6.30pm - 7.30pm Jan	Brio Cycle*
6.15pm - 7.15pm Ali	Aqua Fit
7.15pm - 8.15pm Jo	Brio Circuits
7.15pm - 8.00pm Gemma	Zumba
7.15pm - 8.15pm Deanna	SwimFit

THURSDAY PM	
12.30pm - 1.15pm Matt	Pure Stretch <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW CLASS</span>
5.15pm - 6.00pm CJ	Brio Core
5.15pm - 6.00pm Colin	Brio Cycle* <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW CLASS</span>
6.00pm - 7.00pm Donna D	Brio Burn
6.00pm - 7.00pm Faye	Pilates
6.15pm - 7.00pm CJ	Brio Cycle*
7.00pm - 7.45pm Sasha	Hoola Hoop
7.00pm - 7.45pm Matt	BODYATTACK®*
7.00pm - 7.45pm CJ	Brio Cycle*
8.00pm - 8.45pm Sasha	Hoola Hoop

QUICK KEY	
Cardio	<span style="background-color: #e67e22; width: 15px; height: 10px; display: inline-block;"></span>
Mind & Body	<span style="background-color: #9b59b6; width: 15px; height: 10px; display: inline-block;"></span>
Strength / Conditioning	<span style="background-color: #27ae60; width: 15px; height: 10px; display: inline-block;"></span>
Water Workout	<span style="background-color: #3498db; width: 15px; height: 10px; display: inline-block;"></span>

FRIDAY AM	
6.45am - 7.30am Brian	BODYPUMP®*
9.30am - 10.30am Becky	Brio Cycle*
10.00am - 10.45am CJ	Brio Dance
10.00am - 11.00am Donna F	Brio Burn
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 11.45am Donna F	Pilates

SATURDAY	
8.45am - 9.15am Ali	Brio Cycle*
9.15am - 10.00am Grace	Zumba
9.30am - 10.30am Ali	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**

SUNDAY	
9.00am - 9.45am Amber / Nick	Brio Cycle*
9.00am - 9.45am Ceri	BODYPUMP®*
10.00am - 11.00am Robb	BODYCOMBAT®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 11.45pm Robb	BODYATTACK®*
5.00pm - 5.45pm Ruby	Brio Cycle*
6.00pm - 6.45pm Ruby	Clubbercise

FRIDAY PM	
12.00pm - 1.00pm Donna F	Advanced Pilates
3.00pm - 3.45pm Julie	Brio Move
4.30pm - 5.30pm Jo	Brio Circuits
5.00pm - 5.45pm Amber	Brio Cycle*
5.15pm - 6.00pm Gemma	Zumba
6.00pm - 7.00pm Jane	Brio Burn
6.30pm - 7.30pm Ali	Brio Cycle*
7.15pm - 8.00pm Holly	BODYPUMP®*

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.

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

\* 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.