

Northgate Arena Fitness Class Timetable January - April 2020

MONDAY	
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 - 12.15pm Ceri	Pilates
5.15pm - 5.45pm Robb	HIITStep® 
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 - 8.00pm Ceri	Pilates
7.15pm - 8.00pm Donna F	Brio Burn
7.15pm - 8.15pm Mark	Brio Circuits
7.30pm - 8.15pm Nick/Daniela	Brio Cycle*
8.00pm - 9.30pm Emma	Yoga

TUESDAY	
6.45am - 7.30am Brian	BODYPUMP®*
9.30am - 10.30am Ali	Brio Cycle*
9.45am - 10.30am CJ	Brio Dance 
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Lisa	Post-natal Cycle*
10.30am - 11.30am CJ	Brio Burn
10.30am - 11.30am Ali	Aqua Fit
12.00pm - 12.45pm Jo	Pilates
2.15pm - 3.00pm Joy	Pilates
3.00pm - 3.45pm Julie	Brio Move
5.15pm - 6.00pm Ruby	Brio Cycle*
5.15pm - 6.00pm Urška	Brio Core
6.00pm - 6.45pm Donna F	The Hour of Power®
6.00pm - 6.45pm Ruby	Brio Cycle*
6.00pm - 7.00pm Mel	BODYCOMBAT®*
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 Donna F	Brio Kettlebell
8.00pm - 9.30pm Lisa	Hatha Yoga





WEDNESDAY	
6.45am - 7.15am Ruby	HIITStep®
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
11.00am - 12.00pm Matt	Brio Burn
12.15pm - 1.00pm Matt	Pure Stretch
1.30pm - 2.30pm	Relaxed Gym Hours 
5.15pm - 5.45pm Estanis	Metafit®
5.30pm - 6.15pm Donna F	Fitness Pilates
5.30pm - 6.15pm Jan	Brio Cycle*
6.00pm - 7.00pm Matt	BODYPUMP®*
6.15pm - 7.00pm CJ	Brio Dance
6.15pm - 7.00pm Jan	Brio Cycle*
6.15pm - 7.15pm Ali	Aqua Fit
6.30pm - 7.15pm Donna F	PiYo
7.15pm - 8.00pm Gemma	Zumba
7.15pm - 8.15pm Jo	Brio Circuits

THURSDAY	
9.15am - 10.00am Helen	Aqua Zumba
9.30am - 10.15am Robb	BODYATTACK®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Donna F	Brio Burn
10.30am - 11.15am Lisa	Post-natal Cycle*
11.00am - 12.30pm Carole	Hatha Yoga
11.15am - 12.00pm Donna F	The Hour of Power®
12.30pm - 1.15pm Matt	Pure Stretch
5.15pm - 5.45pm Ruby	HIITStep®
5.15pm - 6.00pm CJ	Brio Core
5.15pm - 6.00pm Linda	Brio Cycle*
6.00pm - 7.00pm Donna D	Brio Burn
6.00pm - 7.00pm Matt	Pilates
6.15pm - 7.00pm CJ	Brio Cycle*
7.00pm - 7.45pm Sasha	Hoola Hoop
7.05pm - 7.45pm Matt	BODYCOMBAT®* 
8.00pm - 8.45pm Sasha	Hoola Hoop

FRIDAY	
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
12.00pm - 1.00pm Donna F	Pilates
1.30pm - 2.30pm	Relaxed Gym Hours 
2.00pm - 2.30pm Gym Team	Gym HIIT (Senior)
4.30pm - 5.30pm Jo	Brio Circuits
5.00pm - 5.45pm Claire	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 Phil	BODYPUMP®*

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 Daniela/Nick	Brio Cycle*
9.00am - 9.45am Ceri	BODYPUMP®*
10.00am - 10.45am Robb	BODYCOMBAT®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 11.45am Robb	BODYATTACK®*
5.00pm - 5.45pm Ruby	Brio Cycle*
6.00pm - 6.45pm Michelle	Clubbercise

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	



Classes with this symbol are suitable for those living with Dementia, Autism or any other cognitive disorders.

FROM £4.50[~] FREE TO PREMIER MEMBERS

* These are premium rate sessions
 **A Welcome Workout is required before taking part in this class
 Please bring your own Yoga/pilates mat along to our Mind & Body sessions
 ~ Price correct as of printing, based on a 30 minute class in conjunction with a Leisure Card