

# Northwich Memorial Court Fitness Class Timetable January - April 2019

MONDAY AM	
6.45am - 7.30am Lee	<b>Brio HIIT</b>
9.15am - 10.00am Stefan	<b>Brio Cycle*</b>
9.30am - 10.15am Tony	<b>BODYCOMBAT®*</b> <small>NEW CLASS</small>
10.00am - 11.00am Heather	<b>Aqua Fit</b>
10.00am - 11.00am Jill	<b>Aqua Jog</b>
10.15am - 11.00am Stefan	<b>Brio Cycle (Beginners)*</b>
10.20am - 11.20am Tony	<b>BODYPUMP®*</b>
11.00am - 11.30am Gym Team	<b>Gym HIIT**</b>
11.30am - 12.15pm Tracey	<b>Brio Move</b>

TUESDAY AM	
6.45am - 7.30am Corbyn	<b>Brio Cycle*</b>
9.30am - 10.15am Tony	<b>Brio Cycle*</b>
9.30am - 10.30am Tracey	<b>Pilates</b>
10.30am - 11.15am Joe	<b>Brio Cycle*</b>
10.30am - 11.30am Alison	<b>Brio LBT</b>
11.15am - 12.00pm Jill	<b>Aqua Fit</b>
11.15am - 12.00pm Clare T	<b>Aqua Jog</b> <small>NEW CLASS</small>
11.30am - 12.00pm Tony	<b>Brio Cycle (50+)*</b>
11.30am - 12.15pm Alison	<b>BODYCOMBAT®*</b>

WEDNESDAY AM	
6.45am - 7.30am Lee	<b>Brio HIIT</b>
9.30am - 10.15am Carol	<b>Brio Cycle*</b>
9.30am - 10.15am Alison	<b>BODYATTACK®*</b> <small>NEW CLASS</small>
10.00am - 11.00am Heather	<b>Aqua Fit</b>
10.00am - 11.00am Jill	<b>Aqua Jog</b>
10.30am - 11.00am Gym Team	<b>Gym HIIT**</b>
10.25am - 11.10am Alison	<b>BODYPUMP®*</b>
11.20am - 12.05pm Yvonne	<b>Zumba</b>





THURSDAY AM	
6.45am - 7.30am Lee	<b>Brio Cycle*</b>
9.15am - 10.00am Jill	<b>Aqua Fit</b>
9.15am - 10.00am Clare B	<b>Aqua Jog</b> <small>NEW CLASS</small>
9.30am - 10.15am Stefan	<b>Brio Cycle*</b>
9.30am - 10.30am Tony	<b>BODYPUMP®*</b>
10.00am - 11.00am Jill	<b>Aqua Natal</b>
10.30am - 11.00am Gym Team	<b>Gym HIIT**</b>
10.30am - 11.30am Tony	<b>BODYCOMBAT®*</b>
11.40am - 12.10pm Tracey	<b>Brio Cycle (50+)*</b>
11.45am - 12.45pm Carol	<b>Fitness Pilates</b>

MONDAY PM	
12.15pm - 1.15pm Tracey	<b>Pilates</b>
1.20pm - 2.50pm Lucy	<b>Hatha Yoga</b>
5.30pm - 6.00pm Gym Team	<b>Gym HIIT**</b>
6.00pm - 7.00pm Alison	<b>BODYPUMP®*</b>
6.00pm - 6.45pm Heather	<b>Zumba</b>
6.00pm - 6.45pm Stefan	<b>Brio Cycle*</b>
7.00pm - 8.00pm Stefan	<b>PIYo</b>
7.00pm - 8.00pm Alison	<b>BODYCOMBAT®*</b>
7.30pm - 8.00pm Gym Team	<b>Gym HIIT**</b>
8.00pm - 8.45pm Joe	<b>Brio Cycle*</b>
8.05pm - 9.35pm Carmen	<b>Iyengar Yoga</b>

TUESDAY PM	
5.30pm - 6.00pm Gym Team	<b>Gym HIIT**</b>
6.00pm - 6.45pm Julie	<b>Brio Cycle*</b>
6.00pm - 7.00pm Jenny	<b>Brio LBT</b>
6.00pm - 6.45pm Stella	<b>BODYATTACK®*</b>
6.45pm - 7.30pm Julie	<b>Brio Cycle*</b>
7.00pm - 7.45pm Jill	<b>Aqua Jog</b>
6.45pm - 7.30pm Stella	<b>BODYCOMBAT®*</b>
7.00pm - 8.00pm Carol	<b>Fitness Pilates</b>
7.30pm - 8.00pm Gym Team	<b>Gym HIIT**</b>
7.35pm - 8.35pm Heather	<b>Zumba</b>
7.45pm - 8.15pm Jill	<b>Aqua HIIT</b>

WEDNESDAY PM	
12.10pm - 1.10pm Carol	<b>Fitness Pilates</b>
1.15pm - 2.00pm Joe	<b>Brio Move Circuit</b>
2.00pm - 2.45pm Heather	<b>Brio Move</b>
5.30pm - 6.00pm Gym Team	<b>Gym HIIT**</b>
6.00pm - 6.45pm Angela	<b>Brio Cycle*</b>
6.00pm - 6.45pm Tony	<b>BODYCOMBAT®*</b>
6.15pm - 6.45pm Stefan	<b>Brio Stretch</b>
6.50pm - 7.35pm Stefan	<b>PIYo</b>
6.50pm - 7.35pm Dawn	<b>Clubbercise</b>
7.00pm - 7.30pm Gym Team	<b>Gym HIIT**</b>
6.50pm - 7.35pm Tony	<b>BODYPUMP®*</b>
7.30pm - 8.30pm Angela	<b>Brio Cycle*</b>
8.00pm - 9.30pm Carmen	<b>Iyengar Yoga</b>

THURSDAY PM	
12.15pm - 12.45pm Tracey	<b>Brio Cycle*</b>
1.20pm - 2.50pm Lucy	<b>Hatha Yoga</b>
5.30pm - 6.00pm Gym Team	<b>Gym HIIT**</b>
6.00pm - 6.45pm Michelle	<b>Brio Cycle*</b>
6.00pm - 7.00pm Stella	<b>BODYCOMBAT®*</b>
6.45pm - 7.30pm Michelle	<b>Brio Cycle*</b>
7.00pm - 7.30pm Jill	<b>Aqua HIIT</b>
7.00pm - 8.00pm Andy	<b>Brio Box</b>
7.00pm - 8.00pm Stella	<b>Kettlercise</b>
7.30pm - 8.15pm Jill	<b>Aqua Jog</b>
8.00pm - 9.00pm Sue	<b>Pilates</b>

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

FRIDAY AM	
6.45am - 7.30am Lee	<b>Brio HIIT</b>
9.00am - 9.45am Heather	<b>Aqua Fit</b>
9.00am - 9.45am Jenny	<b>Aqua Jog</b>
9.15am - 10.15am Sue	<b>Pilates</b>
9.30am - 10.15am Stefan	<b>Brio Cycle*</b>
10.20am - 10.50am Stefan	<b>BODYATTACK®*</b>
10.30am - 11.00am Gym Team	<b>Gym HIIT**</b>
10.55am - 11.40am Tony	<b>BODYPUMP®*</b>
11.45am - 12.30pm Tony	<b>Brio Cycle (Beginners)*</b>
11.45am - 12.30pm Yvonne	<b>Zumba Gold</b>

SATURDAY	
8.25am - 9.10am Stefan	<b>Brio Cycle*</b>
9.15am - 10.00am Stefan	<b>PIYo</b>
9.30am - 10.15am Joe	<b>Brio Cycle*</b>
9.30am - 10.30am Stella	<b>BODYPUMP®*</b>
10.30am - 11.00am Gym Team	<b>Gym HIIT**</b>
10.30am - 11.30am Stella	<b>BODYATTACK®*</b>

SUNDAY	
8.45am - 9.15am Stefan	<b>Brio Cycle*</b>
9.30am - 10.30am Stefan	<b>BODYPUMP®*</b>
10.30am - 11.00am Gym Team	<b>Gym HIIT**</b>
10.30am - 11.30am Stefan	<b>BODYCOMBAT®*</b>
6.00pm - 6.45pm Sue	<b>Zumba</b>
6.45pm - 7.45pm Sue	<b>Pilates</b>

FRIDAY PM	
12.45pm - 1.30pm Lee	<b>Brio Move Circuit</b>
5.30pm - 6.00pm Gym Team	<b>Gym HIIT**</b>
5.45pm - 6.30pm Alison	<b>BODYATTACK®*</b>
6.00pm - 6.45pm Stefan	<b>Brio Cycle*</b>
6.35pm - 7.20pm Alison	<b>BODYPUMP®*</b>

**GYM QUIET TIMES**  
 Weekdays: 8.00 - 9.00am, 2.00 - 3.00pm  
 Weekends: 2.00 - 3.00pm

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.