


Neston Recreation Centre Fitness Class Timetable January - April 2019

MONDAY AM	
6.45am - 7.30am Virtual	Virtual Cycle
6.45am - 7.30am Suzie	BODYPUMP®*
9.15am - 10.00am Carla	Brio Core
9.30am - 10.15am Virtual	Virtual Cycle
10.00am - 11.00am Heather	Pilates
10.15am - 11.00am Carla	Aqua Fit
10.30am - 11.00am Gym Team	Gym HIIT**
11.15am - 12.15pm Colin	Coach by Colour 


TUESDAY AM	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.00am Robb	BODYCOMBAT®*
9.30am - 10.15am Virtual	Virtual Cycle
10.10am - 10.55am Robb	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 12.30pm Lynn	Yoga

WEDNESDAY AM	
6.45am - 7.30am Virtual	Virtual Cycle
9.30am - 10.15am Virtual	Virtual Cycle
10.00am - 10.45am Mark	Brio Kettlebell
10.30am - 11.00am Gym Team	Gym HIIT**
10.45am - 11.30am Mark	Brio Stretch

THURSDAY AM	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.00am Carla	Brio HIIT
9.30am - 10.15am Matt	Brio Cycle*
10.00am - 10.45am Carla	Brio Core
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Matt	Aqua Fit

MONDAY PM	
12.15pm - 12.45pm Virtual	Virtual Cycle
12.45pm - 1.30pm Julie-Ann	Brio Move
1.30pm - 2.15pm Julie-Ann	Pilates
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 6.00pm Donna	Fitness Pilates
5.15pm - 6.00pm Jess	Brio Cycle*
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Donna	Brio Burn
6.00pm - 6.45pm Jess	Brio Cycle*
6.30pm - 7.00pm Dave	Brio Core
7.00pm - 7.45pm Grace	Zumba
7.00pm - 8.00pm Jess	Brio Kettlebell
7.00pm - 8.00pm Dave	Brio HIIT
7.00pm - 8.00pm Colin	Coach by Colour 
8.00pm - 8.45pm Virtual	Virtual Cycle

TUESDAY PM	
12.15pm - 12.45pm Virtual	Virtual Cycle
1.30pm - 2.00pm Gym Team	Gym HIIT (Senior)**
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 5.45pm Suzie	Brio Cycle*
5.45pm - 6.45pm Heather 	Pilates
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Suzie	Metafit & Core
6.00pm - 7.00pm Matt	BODYCOMBAT®*
6.45pm - 7.45pm Sarah 	FitSteps Fab
7.00pm - 7.45pm Suzie	Brio Cycle*
7.00pm - 8.00pm Heather	Brio Ball
7.30pm - 8.15pm Matt	Aqua Fit
8.00pm - 8.45pm Virtual	Virtual Cycle
8.05pm - 8.50pm Suzie	BODYPUMP®*

WEDNESDAY PM	
12.15pm - 12.45pm Virtual	Virtual Cycle
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 6.00pm Suzie	Metafit & Core
6.00pm - 6.30pm Carla	Vibe Cycle*
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.00pm - 7.30pm Alison 	Hatha Yoga
6.15pm - 7.00pm Suzie	BODYPUMP®*
6.40pm - 7.25pm Carla	Vibe Cycle*
7.00pm - 7.55pm Heather	Brio Burn
7.30pm - 8.30pm Colin	Coach by Colour 
8.00pm - 9.00pm Heather	Pilates
8.05pm - 8.50pm Claire	Clubbercise
8.30pm - 9.15pm Virtual	Virtual Cycle

THURSDAY PM	
12.15pm - 12.45pm Virtual	Virtual Cycle
1.00pm - 2.00pm Heather	Brio Burn
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 5.45pm Virtual	Virtual Cycle
5.15pm - 6.00pm Suzie	Metafit & Core
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Suzie	BODYPUMP®*
7.15pm - 8.00pm Suzie	Brio Cycle*
7.15pm - 8.15pm Sarah	FitSteps
8.15pm - 9.00pm Virtual	Virtual Cycle





FRIDAY AM	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.15am Holly	BODYPUMP®*
9.30am - 10.15am Virtual	Virtual Cycle
10.00am - 10.30am Gym Team	Gym HIIT**
10.15am - 11.00am Holly	Metafit & Core

FRIDAY PM	
12.15pm - 12.45pm Virtual	Virtual Cycle
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 6.00pm Mark	Brio Kettlebell
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.05pm - 6.50pm Mark	Brio HIIT
6.15pm - 7.00pm Ashleigh	BODYCOMBAT®*
7.00pm - 7.45pm Ashleigh	BODYPUMP®*
8.00pm - 8.45pm Virtual	Virtual Cycle

SATURDAY	
8.30am - 9.15am Carla	Vibe Cycle*
9.15am - 10.00am Claire	Clubbercise
9.15am - 10.00am Virtual	Virtual Cycle
10.15am - 10.45am Gym Team	Gym HIIT**
10.00am - 11.00am Heather	Brio Ball
11.00am - 12.00pm Heather	Pilates

SUNDAY	
9.00am - 9.45am Dave	Brio Cycle*
10.00am - 10.45am Virtual	Virtual Cycle
9.30am - 10.30am Matt	BODYPUMP®*
10.00am - 11.00am Dave	Brio Circuits
10.30am - 11.30am Matt	Brio Step
6.00pm - 7.30pm Alison	Hatha Yoga

QUICK KEY

Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

 - Class takes place in High School Studios

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[~]
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.