

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 TBC	Aqua Fit
10.30am - 11.00am Gym Team	Gym HIIT**

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
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

**FROM
£4.30[~]
FREE
TO PREMIER MEMBERS**

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.

* 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.