

# Winsford Lifestyle Centre Fitness Class Timetable January - April 2019

MONDAY AM	
7.00am - 7.45am Mark	Brio HIIT
9.15am - 10.00am Lorraine	FitSteps
9.15am - 9.45am Nicole	Brio Core
9.30am - 10.15am Mark	Brio Cycle*
10.00am - 10.45am Nicole/ Lorraine	Aqua Fit / Aqua Jog
10.00am - 10.45am Tracey	Brio LBT
10.00am - 11.30am Lucy	Antenatal Yoga
11.45am - 12.45pm Lucy	Yoga

TUESDAY AM	
7.15am - 8.00am Lee	Brio HIIT
9.00am - 9.45am Katrin	Aqua Fit
9.30am - 10.30am Emma	BODYPUMP®*
10.15am - 11.00am Lorraine	Zumba
10.35am - 11.20am Katrin	BODYBALANCE®*
10.45am - 11.15am Emma	BODYCOMBAT®*
11.15am - 12.15pm Tracey	Pilates


WEDNESDAY AM	
7.00am - 7.45am Mark	Brio Cycle*
9.15am - 10.00am Tracey	Brio LBT
9.30am - 10.30am Katrin	BODYPUMP®*
10.00am - 11.00am Yvonne	Zumba Gold
10.00am - 10.30am Gym Team	Gym HIIT**
10.15am - 11.00am Tracey	Aqua Fit
10.30am - 11.00am Gym Team	Gym HIIT**
10.35am - 11.20am Katrin	BODYBALANCE®*
11.15am - 12.15pm Tracey	Pilates

THURSDAY AM	
9.00am - 9.45am Lorraine	Aqua Fit
9.15am - 10.15am Tracey	Boxercise
10.00am - 10.45am Lorraine	FitSteps
10.15am - 11.00am Tracey	Brio Burn
11.00am - 11.45am Yvonne	Zumba Gold

MONDAY PM	
5.30pm - 6.00pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Lorna	Brio Cycle*
6.00pm - 7.00pm Mark	BODYPUMP®*
7.00pm - 7.45pm Mark	Brio Cycle*
7.15pm - 8.00pm Tomoko	Brio Core
7.15pm - 8.00pm Lorraine	Zumba
7.30pm - 8.30pm Tracey	Pilates
8.00pm - 9.00pm Tomoko	BODYBALANCE®*

TUESDAY PM	
12.15pm - 1.00pm Tomoko	Brio Move
12.00pm - 1.30pm Callie	Yoga
5.30pm - 6.00pm Emma	Brio Core
5.30pm - 6.00pm Gym Team	Gym HIIT**
6.00pm - 7.00pm Emma	BODYCOMBAT®*
6.30pm - 7.15pm Tomoko	Brio Cycle*
6.30pm - 7.30pm Donna	Tai Chi
7.00pm - 7.45pm Lorraine	Zumba
7.00pm - 7.30pm Jamie	Metafit
7.30pm - 8.15pm Tracey	Brio LBT
7.30pm - 8.30pm Donna	Pure Stretch
8.30pm - 9.15pm Tracey	Aqua Fit





WEDNESDAY PM	
12.15pm - 12.45pm Mark	Brio Cycle*
12.15pm - 1.15pm Donna	Tai Chi
3.10pm - 3.55pm Nicole	Aqua Fit
5.30pm - 6.15pm Lorna	Brio Cycle*
5.30pm - 6.00pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Nicole	PiYo
6.00pm - 7.00pm Stella	BODYPUMP®*
6.30pm - 7.15pm Lorna	Brio Cycle*
7.00pm - 7.45pm Nicole	Brio Circuits
7.10pm - 7.55pm Stella	BODYCOMBAT®*
8.00pm - 8.45pm Dawn	Clubbercise

THURSDAY PM	
12.00pm - 1.30pm Callie	Yoga
5.30pm - 6.00pm Emma	Brio Core
5.30pm - 6.00pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Lorna	Brio Cycle*
6.00pm - 7.00pm Katrin	BODYPUMP®*
7.00pm - 7.45pm Donna	Pure Stretch
7.00pm - 7.45pm Lorraine	Zumba
7.15pm - 8.05pm Katrin	BODYPUMP®* 
7.15pm - 8.00pm Mark	Brio Cycle*

FRIDAY AM	
7.15am - 8.00am Jamie	Metafit
9.15am - 9.45am Nicole	Brio Core
9.45am - 10.45am Katrin	BODYPUMP®*
10.00am - 10.45am Nicole	Aqua Fit
10.00am - 10.45am Lorraine	Zumba
11.00am - 12.00pm Tracey	Pilates
11.00am - 12.00pm Julie	Brio Mix-Up

SATURDAY	
9.00am - 9.45am Lorna	Brio Cycle*
9.00am - 10.00am Donna	Tai Chi
9.15am - 10.00am Emma	BODYPUMP®*
10.00am - 11.00am Donna	Pure Stretch
10.15am - 11.00am Emma	BODYCOMBAT®*
11.00am - 11.30am Gym Team	Gym HIIT**

SUNDAY	
9.30am - 10.15am Tomoko	Brio Cycle*
10.30am - 11.30am Tomoko	BODYPUMP®*
11.00am - 11.30am Gym Team	Gym HIIT**

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

FRIDAY PM	
12.15pm - 1.15pm Lucy	Hatha Yoga
5.15pm - 5.45pm Angie	Brio Cycle*
5.30pm - 7.00pm Callie	Yin Yoga
6.00pm - 6.45pm Angie	Brio Cycle*

FROM

£4.30<sup>~</sup>

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.