



CHECK YOUR CLASS
ENTRANCE POINT
BEFORE ARRIVAL

Frodsham Leisure Centre Fitness Class Timetable

From Monday 24 August

ENTRANCE B

MONDAY		
6.00pm - 6.45pm Sara	Brio Cycle	B
7.15am - 8.00pm Sara	Brio HIIT	B

WEDNESDAY		
6.00pm - 6.45pm Gill	Brio Cycle	B
7.15am - 8.00pm Gill	Brio Cycle	B

SATURDAY		
8.30am - 9.15am Gill	Brio Cycle	B
9.30am - 10.15am Sara	Kettlebells	B
10.30am - 11.15am Sara	Pilates	B

TUESDAY		
6.00pm - 6.45pm Sara	Brio Cycle	B
7.15am - 8.00pm Sara	Brio HIIT	B

THURSDAY		
6.00pm - 6.45pm Luke	Brio Cycle	B
7.15am - 8.00pm Luke	Kettlebells	B

SUNDAY		
10.00am - 10.45am Matt	Zumba	B

We've changed the way you visit our centres!

Be sure to check our website before you leave home to make sure you've got the most up to date information about our centres, how we are making our centres safe for customers and your new brio journey.

brioleisure.org/welcomeback

ENTRANCES

Gym	A
Sports Hall	B

PRE-BOOKING
IS REQUIRED
FOR ALL
SESSIONS

OPENING TIMES

WEEKDAYS
3.30pm - 8.30pm
WEEKENDS
8.00am - 12.00pm