



Ellesmere Port Sports Village Fitness Class Timetable Autumn 2018

MONDAY AM	
6.45am - 7.30am Cheryl / Vicky N	Express Spin*
9.30am - 10.15am Amber	Post Natal Spin* NEW CLASS
9.30am - 10.30am Sasha	BODYPUMP*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.15am Grace	Zumba Toning
10.30am - 11.30am Sasha	Spin*
11.00am - 12.00pm Dora	Pilates

TUESDAY AM	
7.00am - 7.45am Jan	Express Spin*
9.30am - 10.15am Ruby	Clubbercise
9.30am - 10.30am Jess	Spin*
10.00am - 11.00am Mel	BODYCOMBAT®*
10.30am - 11.00am Gym Team	Synrgy**
11.00am - 12.00pm Tersia	Pilates
11.15am - 12.00pm Mel	BODYPUMP EXPRESS®*

WEDNESDAY AM	
6.45am - 7.30am Suzie	BODYPUMP EXPRESS®*
9.30am - 10.25am Dora	Pilates
9.30am - 10.15am Ruby	BODYPUMP EXPRESS®*
10.00am - 10.30am Jan	Express Spin*
10.30am - 11.30am Jan	Spin*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.15am Dora	Zumba Gold
11.30am - 12.15pm Dora	Beginners LIIT NEW CLASS
11.45am - 12.30pm Jess	Beginners Spin*

THURSDAY AM	
6.45am - 7.15am Brad	Synrgy**
9.30am - 10.25am Sasha	Kettlebell Workout
10.00am - 10.45am Ruby	Express Spin*
10.30am - 11.15am Mel	BODYCOMBAT EXPRESS®*
10.30am - 11.00am Gym Team	Synrgy**
11.00am - 12.00pm Sarah	Aqua Fit
11.30am - 12.30pm Sasha	Pilates

FRIDAY AM	
6.45am - 7.30am Vicky	BODYPUMP® EXPRESS*
9.15am - 10.00am Sarah	Aqua Zumba
9.30am - 10.15am Lily N	BODYATTACK® EXPRESS*
9.30am - 10.30am Lindsay	BODYPUMP®*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.30am Jan	Spin*

SATURDAY	
9.00am - 10.00am Julie	Spin* NEW TIME
9.00am - 9.30am Robb	Metafit
9.30am - 10.15am Robb	BODYATTACK® EXPRESS*
9.30am - 10.30am Tersia / Vicky N	BODYPUMP®*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.15am Robb	BODYCOMBAT EXPRESS®*

MONDAY PM	
12.00pm - 12.45pm Dora	Fitball NEW CLASS
12.00pm - 1.00pm Sarah	Nifty Fifties Top 2 Toe
1.15pm - 1.45pm Dave	50+ Synrgy**
1.15pm - 2.00pm Dora	Beginners LIIT NEW CLASS
5.15pm - 5.45pm Sarah	BODYATTACK EXPRESS®*
5.15pm - 6.00pm Jan	Spin*
5.30pm - 6.15pm Dan	Metafit & Abs
6.00pm - 7.00pm Emma	Legs, Bums & Tums
6.00pm - 7.00pm Mel	BODYPUMP®*
6.05pm - 6.55pm Julie	Aqua Jog
6.15pm - 7.15pm Becky	Spin*
6.15pm - 6.45pm Gym Team	Synrgy**
6.30pm - 7.30pm Dan	Kettlebell Workout
7.15pm - 7.45pm Emma	Metafit
7.15pm - 8.15pm Becky	Spin*
7.30pm - 8.00pm Gym Team	Synrgy**
7.30pm - 8.30pm Faye	Pilates

TUESDAY PM	
5.15pm - 5.45pm Robb	Metafit
5.15pm - 6.00pm Jan	Express Spin*
5.30pm - 6.00pm Sasha	Abs Blast
6.00pm - 6.45pm Robb	HIIT Circuits
6.00pm - 7.00pm Bev	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Synrgy**
6.15pm - 7.00pm Jan	Express Spin*
6.30pm - 7.30pm Julie	Aqua Fit
6.30pm - 7.30pm Sarah N	Aqua Jog (Deep End)
7.00pm - 7.45pm Jan	Express Spin*
7.05pm - 8.00pm Dan	Kettlebell Workout
7.15pm - 8.15pm Faye	Step
7.30pm - 8.00pm Gym team	Synrgy**
7.30pm - 8.00pm Julie	Aqua HIIT

WEDNESDAY PM	
5.00pm - 5.45pm Lisa	Express Spin*
5.15pm - 6.00pm Robb	BODYATTACK® EXPRESS*
5.30pm - 6.00pm Emma	Metafit
6.00pm - 6.45pm Ruby	Clubbercise NEW CLASS
6.00pm - 7.00pm Emma	The Hour of Power
6.15pm - 6.45pm Gym Team	Synrgy**
7.00pm - 7.30pm Sarah N	SwimFit
7.00pm - 7.45pm Lisa	Express Spin*
7.00pm - 8.00pm Mel	BODYCOMBAT®*
7.10pm - 7.55pm Ceri	BODYPUMP®* NEW CLASS
7.30pm - 8.00pm Jo	SwimFit
7.30pm - 8.00pm Gym Team	Synrgy**
8.15pm - 9.15pm Alison	Yoga

THURSDAY PM	
1.00pm - 2.00pm Dora	Beginners Circuits
5.00pm - 5.45pm Grace	Zumba Tone NEW TIME
5.15pm - 5.45pm Sarah	BODYATTACK® EXPRESS* NEW CLASS
5.15pm - 6.00pm Becky	Express Spin*
6.00pm - 6.45pm Mel	BODYPUMP®* NEW TIME
6.00pm - 7.00pm Emma	Burn & Firm
6.15pm - 6.45pm Gym Team	Synrgy**
6.30pm - 7.30pm Becky	Spin*
7.00pm - 7.45pm Robb N	BODYCOMBAT® EXPRESS* NEW TIME
7.00pm - 7.45pm Sarah	Aqua Dance
7.00pm - 8.00pm Emma	Legs, Bums and Tums
7.30pm - 8.00pm Gym Team	Synrgy**
8.00pm - 9.00pm Traci	Triathlon Training Technique

FRIDAY PM	
12.00pm - 1.00pm Urksa	Nifty Fifties Top 2 Toe
1.15pm - 2.15pm Urksa	Pilates
5.00pm - 5.45pm Jess N	Kettlebell Workout NEW TIME
5.15pm - 6.00pm Grace	Zumba
6.00pm - 7.00pm Mel	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Synrgy**
6.30pm - 7.30pm Jan	Spin* NEW TIME
7.15pm - 8.15pm Mel	BODYCOMBAT®*

SUNDAY	
8.30am - 9.30am Ruby N	Express Spin*
9.30am - 10.15am Mel	BODYCOMBAT EXPRESS®*
9.30am - 10.15am Ruby	Express Spin*
10.30am - 11.30am Mel	BODYPUMP®*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.15am Ruby	Clubbercise
11.30am - 12.30pm Louise	Pilates
4.00pm - 5.00pm Sarah	Aqua Fit
5.00pm - 6.00pm Robb	BODYCOMBAT®*

QUICK KEY	
Cardio	
Complete Body Workout	
Interval	
Mind & Body	
Strength / Conditioning	
Water Workout	

N - New Instructor



brioleisure.org/timetables

* Premium Rate sessions are £7.00 per class
** A Welcome Workout is required before taking part in this class

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