





Winsford Lifestyle Centre Fitness Class Timetable Autumn 2018

MONDAY AM	
7.00am - 7.45am Mark	HIIT 
9.15am - 10.00am Lorraine	Fit Steps
9.15am - 9.45am Nicole	Core and More
9.30am - 10.15am Lydia	Spin*
10.00am - 10.45am Nicole/ Lorraine	Aqua Fit / Aqua Jog
10.00am - 10.45am Tracey	Legs, Bums & Tums
10.00am - 11.30am Lucy	Antenatal Yoga 
11.45am - 12.30pm Lucy	Beginners Yoga




TUESDAY AM	
7.15am - 8.00am Lee	HIIT Workout
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	EXPRESS BODYCOMBAT®*
11.15am - 12.15pm Tracey	Pilates

WEDNESDAY AM	
7.00am - 7.45am Mark	Spin*
9.15am - 10.00am Tracey	Legs, Bums & Tums
9.30am - 10.30am Katrin	BODYPUMP®*
10.00am - 11.00am Yvonne	Zumba Gold
10.00am - 10.30am Lydia	60+ Synrgy**
10.15am - 11.00am Tracey	Aqua Fit
10.30am - 11.00am Jamie	Synrgy**
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 Lydia	Boxercise
10.15am - 11.00am Tracey	Burn and Firm
11.00am - 11.45am Yvonne	Zumba Gold

MONDAY PM	
5.00pm - 5.30pm Gym Team	Teen Synrgy**
5.30pm - 6.00pm Jess	Synrgy**
6.00pm - 6.45pm Lorna	Spin*
6.00pm - 7.00pm Mark	BODYPUMP®*
7.00pm - 7.45pm Mark	Spin*
7.15pm - 8.00pm Tomoko	Core & More 
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	Beginners LIIT
12.00pm - 1.30pm Callie	Yoga
5.00pm - 5.30pm Gym Team	Teen Synrgy**
5.30pm - 6.00pm Emma	Abs Blast
5.30pm - 6.00pm Gym Team	Synrgy**
6.00pm - 7.00pm Emma	BODYCOMBAT®*
6.30pm - 7.15pm Tomoko	Spin*
6.30pm - 7.30pm Donna	Tai Chi
7.00pm - 7.45pm Lorraine	Zumba
7.00pm - 7.30pm Jamie	Metafit
7.30pm - 8.15pm Tracey	Legs, Bums & Tums
7.30pm - 8.30pm Donna	Pure Stretch
8.30pm - 9.15pm Tracey	Aqua Fit







WEDNESDAY PM	
12.15pm - 12.45pm Lydia	Spin*
12.30pm - 1.30pm Donna	Tai Chi 
3.10pm - 3.55pm Nicole	Aqua Fit 
5.00pm - 5.30pm Gym Team	Teen Synrgy**
5.30pm - 6.15pm Lorna	Spin*
5.30pm - 6.00pm Gym Team 	Synrgy**
6.00pm - 6.45pm Nicole	PiYo
6.10pm - 7.10pm Stella	BODYPUMP®*
6.30pm - 7.15pm Lorna	Spin*
7.00pm - 7.45pm Nicole	HIIT Workout
7.10pm - 7.55pm Stella	EXPRESS BODYCOMBAT®*
8.00pm - 8.45pm Nicole	Clubbercise

THURSDAY PM	
12.00pm - 1.30pm Callie	Yoga
5.00pm - 5.30pm Gym Team	Teen Synrgy**
5.30pm - 6.00pm Emma	Abs Blast
5.30pm - 6.00pm Gym Team	Synrgy**
6.00pm - 6.45pm Donna	Circuits
6.00pm - 7.00pm Alex	Masters Swim
6.00pm - 7.00pm Emma	BODYCOMBAT®*
6.00pm - 6.45pm Lorna	Spin*
6.00pm - 7.00pm Katrin	BODYPUMP®*
7.00pm - 8.00pm Donna	Couch 2 5k Running Club
7.00pm - 7.45pm Lorraine	Zumba
7.00pm - 8.30pm Carmen	Iyengar Yoga
7.15pm - 8.05pm Katrin	BODYBALANCE®*
7.15pm - 8.00pm Mark	Spin*
8.05pm - 8.50pm Donna	Pure Stretch


FRIDAY AM	
7.15am - 8.00am Jamie	Metafit
9.15am - 9.45am Nicole	Core and More
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	20 20 20 

SATURDAY	
9.00am - 9.45am Lorna	Spin*
9.00am - 10.00am Donna	Tai Chi
9.15am - 10.00am Emma	EXPRESS BODYPUMP®*
10.00am - 11.00am Donna	Pure Stretch
10.15am - 11.00am Emma	EXPRESS BODYCOMBAT®*
11.00am - 11.30am Jamie	Synrgy**

SUNDAY	
9.30am - 10.15am Tomoko	Spin*
10.30am - 11.30am Tomoko	BODYPUMP®*
9.45am - 10.15am Jana	HIIT Workout
10.30am - 11.30am Jana	Pilates
11.00am - 11.30am Gym Team	Synrgy**

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

 - New Instructor

FRIDAY PM	
12.15pm - 1.15pm Lucy	Hatha Yoga
5.00pm - 5.30pm Gym Team	Teen Synrgy**
5.15pm - 5.45pm Lydia	Express Spin*
5.30pm - 6.15pm Stefan	BODYPUMP®* 
5.30pm - 7.00pm Callie	Yoga
6.00pm - 6.45pm Lydia	Spin*

