

Winsford Lifestyle Centre Gym Timetable

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session	6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session	7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session	8.30am - 9.25am	Gym Session
9.30am - 10.25am	Gym Session	9.30am	Gym Induction	9.30am - 10.25am	Gym Session	9.30am	Gym Induction
10.30am - 11.25am	Gym Session	9.30am - 10.25am	Gym Session	10.30am - 11.25am	Gym Session	9.30am - 10.25am	Gym Session
11.30am	Gym Induction	10.30am - 11.25am	Gym Session	11.30am	Gym Induction	10.30am - 11.25am	Gym Session
11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session	11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session	12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session	1.30pm - 2.25pm	Gym Session
2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session	2.30pm - 3.25pm	Gym Session
3.30pm - 4.25pm	Gym Session	2.30pm	Gym Induction	3.30pm - 4.25pm	Gym Session	2.30pm	Gym Induction
4.30pm - 5.25pm	Gym Session	3.30pm - 4.25pm	Gym Session	4.30pm - 5.25pm	Gym Session	3.30pm - 4.25pm	Gym Session
5.00pm	Gym Induction	4.30pm - 5.25pm	Gym Session	5.00pm	Gym Induction	4.30pm - 5.25pm	Gym Session
5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session	5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session	6.30pm - 7.25pm	Gym Session
7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session	7.30pm - 8.25pm	Gym Session
8.30pm	Gym Induction	8.30pm	Gym Induction	8.30pm	Gym Induction	8.30pm	Gym Induction
8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session	8.30pm - 9.25pm	Gym Session

FRIDAY	
6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session
9.30am	Gym Induction
9.30am - 10.25am	Gym Session
10.30am - 11.25am	Gym Session
11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session
2.30pm - 3.25pm	Gym Session
2.30pm	Gym Induction
3.30pm - 4.25pm	Gym Session
4.30pm - 5.25pm	Gym Session
5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session
7.30pm - 8.25pm	Gym Session
8.30pm	Gym Induction
8.30pm - 9.25pm	Gym Session

SATURDAY	
8.00am - 8.55am	Gym Session
9.00am - 9.55am	Gym Session
10.00am - 10.55am	Gym Session
10.00am	Gym Induction
11.00am - 11.55am	Gym Session
12.00pm - 12.55pm	Gym Session
1.00pm	Gym Induction
1.00pm - 1.55pm	Gym Session
2.00pm - 2.55pm	Gym Session
3.00pm - 3.55pm	Gym Session

SUNDAY	
8.00am - 8.55am	Gym Session
9.00am - 9.55am	Gym Session
10.00am - 10.55am	Gym Session
10.00am	Gym Induction
11.00am - 11.55am	Gym Session
12.00pm - 12.55pm	Gym Session
1.00pm	Gym Induction
1.00pm - 1.55pm	Gym Session
2.00pm - 2.55pm	Gym Session
3.00pm - 3.55pm	Gym Session

**PRE-BOOKING
IS REQUIRED
FOR ALL
SESSIONS**

**ENTRANCE
A**

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

• Please note - pre-booking is needed for all sessions