



CHECK YOUR CLASS  
ENTRANCE POINT  
BEFORE ARRIVAL

# Northwich Memorial Court Fitness Class Timetable

MONDAY		
6.45am - 7.30am Lee	Brio HIIT	A
9.15am - 10.00am Tony	BODYCOMBAT®*	A
9.30am - 10.15am Heather	Aqua Fit (shallow end)	B
9.45am - 10.30am Stefan	Brio Cycle*	A
10.15am - 11.00am Tony	BODYPUMP®*	B
10.30am - 11.15am Jill	Aqua Fit (shallow end)	B
10.45am - 11.30am Heather	Zumba®	A
11.15am - 12.00pm Stefan	Brio Cycle*	A
11.45am - 12.30pm Tracey	Pilates	A
1.45pm - 2.30pm Lucy	Yoga	A
5.45pm - 6.30pm Heather	Zumba®	A
5.45pm - 6.30pm Alison	BODYPUMP®*	B
6.15pm - 7.00pm Stefan	Brio Cycle*	A
6.45pm - 7.30pm Alison	BODYCOMBAT®*	A
7.15pm - 8.00pm Stefan	BODYPUMP®*	B
7.45pm - 8.30pm Carmen	Yoga	A

TUESDAY		
6.45am - 7.30am Corbyn	Brio Cycle*	A
9.15am - 10.00am Tony	Brio Cycle*	A
9.30am - 10.15am Jill	Aqua Fit (shallow end)	B
9.45am - 10.30am Tracey	Pilates	A
9.45am - 10.30am Angie	BODYPUMP®*	B
10.45am - 11.30am Alison	Brio LBT	A
11.15am - 12.00pm Angie	Brio Cycle*	A
11.45am - 12.30pm Alison	BODYCOMBAT®*	A
1.15pm - 2.00pm Clare	Yoga	A
5.45pm - 6.30pm Stefan	BODYATTACK®*	A
6.15pm - 7.00pm Julie	Brio Cycle*	A
6.15pm - 7.00pm jill	Aqua Jog	B
6.15pm - 7.00pm Carol	BODYPUMP®*	B
6.45pm - 7.30pm Stella	BODYCOMBAT®*	A
7.15pm - 8.00pm jill	Aqua HIIT	B
7.45pm - 8.30pm Carol	Pilates	A
8.15pm - 9.00pm Clare	Aqua Cycle	B

WEDNESDAY		
6.45am - 7.30am Corbyn	Brio HIIT	A
9.15am - 10.00am Joe	Brio Cycle*	A
9.15am - 10.00am Carol	BODYPUMP®*	B
9.30am - 10.15am Jill	Aqua Fit (shallow end)	B
9.45am - 10.30am Alison	BODYATTACK®*	A
10.30am - 11.15am Heather	Aqua Fit (shallow end)	B
10.45am - 11.30am Alison	BODYPUMP®*	B
10.45am - 11.30am Carol	Brio Cycle*	A
11.15am - 12.00pm Yvonne	Zumba®	A
12.15pm - 1.00pm Carol	Pilates	A
5.45pm - 6.30pm Angie	Brio Cycle*	A
6.15pm - 7.00pm Stefan	BODYCOMBAT®*	A
6.45pm - 7.30pm Angie	BODYPUMP®*	B
7.15pm - 8.00pm Stefan	PiYo	A
7.45pm - 8.30pm Angie	Brio Cycle*	A

THURSDAY		
6.45am - 7.30am Corbyn	Brio Cycle*	A
9.15am - 10.00am Tony	BODYPUMP®*	B
9.15am - 10.00am Angie	Brio Cycle*	A
9.30am - 10.15am Jill	Aqua Fit (shallow end)	B
10.15am - 11.00am Tony	BODYCOMBAT®*	A
10.45am - 11.30am Angie	Brio Cycle*	A
11.45am - 12.30pm Carol	Pilates	A
1.15pm - 2.00pm Lucy	Yoga	A
5.45pm - 6.30pm Angie	BODYCOMBAT®*	A
6.15pm - 7.00pm Michelle	Brio Cycle*	A
6.15pm - 7.00pm Jill	Aqua Jog	B
6.45pm - 7.30pm Angie	BODYPUMP®*	B
7.15pm - 8.00pm Jill	Aqua HIIT	B
7.15pm - 8.00pm Sue	Brio Dance	A
7.45pm - 8.30pm Michelle	Brio Cycle*	A
8.15pm - 9.00pm Sue	Pilates	A
8.15pm - 9.00pm Joe	Aqua cycle	B

FRIDAY		
6.45am - 7.30am Corbyn	Brio HIIT	A
9.15am - 10.00am Julie	PiYo	A
9.30am - 10.15am Jenny	Aqua Fit (shallow end)	B
9.45am - 10.30am Tony	Brio Cycle*	A
10.15am - 11.00am Alison	BODYATTACK®*	A
10.30am - 11.15am Heather	Aqua Fit (shallow end)	B
11.15am - 12.00pm Alison	BODYPUMP®*	B
11.15am - 12.00pm Yvonne	Zumba®	A
11.45am - 12.30pm Joe	Brio Cycle*	A
5.45pm - 6.30pm Stefan	BODYCOMBAT®*	A
6.45pm - 7.30pm Jon	Brio Cycle*	A
6.45pm - 7.30pm Stefan	BODYPUMP®*	B

SATURDAY		
8.45am - 9.30am Stefan	Brio Cycle*	A
9.45am - 10.30am Stella	BODYCOMBAT®*	A
10.15am - 11.00am Stefan	Brio Cycle*	A
10.45am - 11.30am Angie	BODYPUMP®*	B
11.15am - 12.00pm Stefan	PiYo	A

SUNDAY		
8.45am - 9.30am Stefan	Brio Cycle*	A
9.45am - 10.30am Stefan	BODYPUMP®*	B
10.45am - 11.30am Stefan	BODYCOMBAT®*	A

ENTRANCES	
Gym / Conference / Theatre	A
Pool / Community room	B

PRE-BOOKING  
IS REQUIRED  
FOR ALL  
SESSIONS

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](http://brioleisure.org/welcomeback)

\* These are premium rate sessions