

Christleton Sports Centre Fitness Class Timetable

MONDAY

5.30pm - 6.00pm Holly	Metafit®
6.00pm - 6.45pm Holly	Brio Kettlebell
6.00pm - 7.30pm Ali	Hatha Yoga
7.00pm - 7.45pm Ross	Brio Circuits

TUESDAY

5.30pm - 6.00pm Holly	Brio HIIT
6.15pm - 7.00pm Daniela	Zumba®
7.00pm - 7.45pm Ali	Aqua Fit
7.00pm - 7.45pm Urska	Pilates
8.00pm - 8.45pm Urska	Pilates

WEDNESDAY

7.00am - 7.30am Daniela	Brio HIIT
5.30pm - 6.00pm Holly	Brio Core
6.00pm - 6.45pm Ross	Brio Circuits
6.15pm - 7.00pm Urska	Pilates
7.00pm - 7.45pm Ross	Brio Box
7.15pm - 8.00pm Urska	Yoga

THURSDAY

5.30pm - 6.00pm Holly	HIITSteps
6.15pm - 7.00pm Holly	Brio Kettlebell

FRIDAY

7.00am - 7.45am Daniela	Brio Kettlebell
6.00pm - 7.00pm Urska	Pilates

SATURDAY

9.15am - 9.45am Daniela	HIITSteps
10.00am - 10.30am Daniela	Brio HIIT
10.45am - 11.30am Gemma	Zumba®
11.45am - 12.30pm Gemma	Brio Stretch

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.

brioleisure.org

* These are premium rate sessions