

Northwich Memorial Court Fitness Class Timetable

MONDAY		
6.45am - 7.30am Lee	Brio HIIT	A
9.15am - 10.00am Tony	BODYCOMBAT®*	A
9.15am - 10.00am Neve	Brio Cycle*	A
9.30am - 10.15am Heather	Aqua Fit (shallow end)	A
10.15am - 11.00am Neve	BODYPUMP®*	B
10.30am - 11.15am Jill	Aqua Fit (shallow end)	A
10.45am - 11.30am Heather	Zumba®	A
11.15am - 12.00pm Neve	Brio Cycle*	A
11.45am - 12.30pm Tracey	Pilates	A
2.45pm - 3.30pm Lucy	Yoga	A
5.15pm - 6.00pm Tony	BODYPUMP®*	B
5.15pm - 6.00pm Heather	Zumba®	A
6.15pm - 7.00pm Mica	Brio Cycle*	A
6.15pm - 7.00pm Tony	BODYCOMBAT®*	A
7.15pm - 8.00pm Mica	BODYPUMP®*	B
7.45pm - 8.30pm Carmen	Yoga	A

TUESDAY		
6.45am - 7.30am Corbyn	Brio Cycle*	A
9.15am - 10.00am Julie	Brio Cycle*	A
9.30am - 10.15am Clare	Aqua Fit (shallow end)	A
9.45am - 10.30am Tracey	Pilates	A
9.45am - 10.30am Angie	BODYPUMP®*	B
10.45am - 11.30am Angie	Brio Legs, Bums & Tums	A
11.45am - 12.30pm Angie	BODYCOMBAT®*	A
1.15pm - 2.00pm Clare	Yoga	A
5.15pm - 6.00pm Tony	Brio Cycle*	A
5.45pm - 6.30pm Stefan	BODYATTACK®*	A
6.15pm - 7.00pm Carol	BODYPUMP®*	B
6.30pm - 7.15pm Jon	Aqua Cycle	A
6.45pm - 7.30pm Stella	BODYCOMBAT®*	A
7.30pm - 8.15pm Jon	Aqua Cycle	A
7.45pm - 8.30pm Carol	Pilates	A

WEDNESDAY		
6.45am - 7.30am Corbyn	Brio Cycle*	A
9.15am - 10.00am Joe	Brio Cycle*	A
9.15am - 10.00am Carol	BODYPUMP®*	B
9.30am - 10.15am Heather	Aqua Fit (shallow end)	A
9.45am - 10.30am Stefan	BODYATTACK®*	A
10.30am - 11.15am Jill	Aqua Fit (shallow end)	A
10.45am - 11.30am Stefan	BODYPUMP®*	B
10.45am - 11.30am Carol	Brio Cycle*	A
11.15am - 12.00pm Heather	Zumba®	A
12.15pm - 1.00pm Carol	Pilates	A
1.15pm - 2.00pm Heather	Brio Move	A
5.15pm - 6.00pm Neve	Brio HIIT	A
5.45pm - 6.30pm Angie	Brio Cycle*	A
6.15pm - 7.00pm Stefan	BODYCOMBAT®*	A
6.30pm - 7.15pm Jill	Aqua Jog	A
6.45pm - 7.30pm Angie	BODYPUMP®*	B
7.15pm - 8.00pm Stefan	PiYo	A
7.30pm - 8.15pm Jill	Aqua HIIT	A
7.45pm - 8.30pm Angie	Brio Cycle*	A

THURSDAY		
6.45am - 7.30am Corbyn	Brio Cycle*	A
9.15am - 10.00am Neve	BODYPUMP®*	B
9.15am - 10.00am Tony	BODYCOMBAT®*	A
9.30am - 10.15am Jill	Aqua Fit (shallow end)	A
10.15am - 11.00am Neve	Brio Legs, Bums & Tums	A
10.15am - 11.00am Angie	Brio Cycle*	A
11.15am - 12.00pm Angie	BODYPUMP®*	B
11.45am - 12.30pm Carol	Pilates	A
1.15pm - 2.00pm Clare	Yoga	A
5.15pm - 6.00pm Julie	Brio Cycle*	A
5.45pm - 6.30pm Angie	BODYCOMBAT®*	A
6.30pm - 7.15pm Jill	Aqua Jog	A
6.45pm - 7.30pm Angie	BODYPUMP®*	B
7.15pm - 8.00pm Sue	Brio Dance	A
7.30pm - 8.15pm Jill	Aqua HIIT	A
8.15pm - 9.00pm Sue	Pilates	A

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

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 / Pool	A
Community Room	B

CHECK YOUR CLASS
ENTRANCE POINT
BEFORE ARRIVAL

FROM
 £4.30
 FREE
 TO PREMIER MEMBERS

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