


Christleton Sports Centre Fitness Class Timetable January - April 2019

MONDAY	
5.30pm - 6.00pm Ross	Metafit
6.00pm - 6.45pm Cheryl	Brio Kettlebell
6.00pm - 7.30pm Lynn	Hatha Yoga
7.00pm - 8.00pm Ross	Brio Circuits

TUESDAY	
5.30pm - 6.00pm Holly	Metafit
6.00pm - 6.45pm Grace	Zumba Toning
7.00pm - 7.45pm Ali	Aqua Fit
7.00pm - 8.00pm Ross	Brio Circuits





WEDNESDAY	
7.00am - 7.30am Conrad	Metafit
6.00pm - 7.00pm Cheryl	Brio Circuits
6.30pm - 7.00pm Holly	SwimFit
7.00pm - 8.00pm Cheryl	Brio Box

THURSDAY	
5.30pm - 6.00pm Ross	Metafit
6.00pm - 6.45pm Ross	Brio Box 
6.45pm - 7.30pm Urska	Brio LBT
7.00pm - 7.45pm Ross	Brio Kettlebell
7.30pm - 8.15pm Urska	Pilates

FRIDAY	
7.00am - 7.45am Cheryl	Brio Kettlebell
6.00pm - 6.45pm Hoola Nation	Hoola Hoop
6.15pm - 7.00pm Urska	Pilates

SATURDAY	
10.00am - 10.30am Conrad	Metafit
10.30am - 11.15am Gemma	Zumba
11.30am - 12.15pm Gemma	Brio Stretch

SUNDAY	
9.00am - 9.30am Holly	Metafit

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

**FROM
£4.30[~]
FREE**
TO PREMIER MEMBERS

We've renamed some of our classes. These are freestyle classes where instructors deliver their own unique style of group exercise. Suitable for all abilities.