

WEEK 1 - 21 - 27 DECEMBER

MONDAY		
09.15am - 10.00am Carla	Brio Core	B
10.30am - 11.15am Carla	Aqua Fit	A
10.15am - 11.00am Heather	Pilates	B
11.15am - 12.00pm Heather	Pilates	B
5.15pm - 6.00pm Donna	Fitness Pilates	B
6.15pm - 7.00pm Donna	Brio Burn	B
6.15pm - 7.00pm Dave	Brio HIIT	C
7.15pm - 8.00pm Donna	Brio Kettlebell	B
7.15pm - 8.00pm Grace	Zumba®	C
8.15pm - 9.00pm Claire	Clubbercise®	C

WEDNESDAY		
9.15am - 10.00am Carla	Fitness Pilates	B
10.15am - 11.00am Carla	Brio Kettlebell	B
11.15am - 12.00pm Carla	Brio Core	B
1.30pm - 2.15pm Mel	Aqua Fit	A
5.15pm - 6.00pm Suzie	Metafit & Core	B
6.15pm - 7.00pm Suzie	BODYPUMP®*	B
7.15pm - 8.00pm Heather	Brio Burn	B
7.15pm - 8.00pm Grace	Zumba®	C
8.15pm - 9.00pm Heather	Pilates	B
8.15pm - 9.00pm Claire	Clubbercise®	C

FRIDAY		
CLOSED		

TUESDAY		
9.15am - 10.00am Robb	BODYPUMP®*	B
10.15am - 11.00am Robb	BODYCOMBAT®*	B
11.15am - 12.15pm Lynn	Yoga	B
6.15pm - 7.00pm Heather	Pilates	B
6.15pm - 7.00pm Matt	BODYCOMBAT®*	C
7.15pm - 8.00pm Heather	Brio Ball	B
7.15pm - 8.00pm Sarah	FitSteps	C
7.30pm - 8.15pm Matt	Aqua Fit	A
8.15pm - 9.00pm Heather	Pilates	B

THURSDAY		
CLOSED		

SATURDAY		
CLOSED		

SUNDAY		
CLOSED		

VIRTUAL SPIN SESSIONS

MONDAY - WEDNESDAY		
6.40am - 7.25am	Virtual Spin	B
7.40am - 8.25am	Virtual Spin	B
8.40am - 9.25am	Virtual Spin	B
9.40am - 10.25am	Virtual Spin	B
10.40am - 11.25am	Virtual Spin	B
11.40am - 12.25pm	Virtual Spin	B
12.40pm - 1.25pm	Virtual Spin	B
1.40pm - 2.25pm	Virtual Spin	B
2.40pm - 3.25pm	Virtual Spin	B
3.40pm - 4.25pm	Virtual Spin	B
4.40pm - 5.25pm	Virtual Spin	B
5.40pm - 6.25pm	Virtual Spin	B
6.40pm - 7.25pm	Virtual Spin	B
7.40pm - 8.25pm	Virtual Spin	B
8.40pm - 9.25pm	Virtual Spin	B

THURSDAY - SUNDAY		
CLOSED		

* These are premium rate sessions

WEEK 2 - 28 DECEMBER - 3 JANUARY

MONDAY		
CLOSED		

WEDNESDAY		
9.15am - 10.00am Carla	Fitness Pilates	B
10.15am - 11.00am Carla	Brio Kettlebell	B
1.00pm - 1.45pm Mel	Aqua Fit	A
5.15pm - 6.00pm Grace	Zumba®	C
5.30pm - 6.00pm Suzie	Metafit	B
6.15pm - 7.00pm Suzie	BODYPUMP®*	B
6.15pm - 7.00pm Claire	Clubbercise®	C

FRIDAY		
CLOSED		

TUESDAY		
9.15am - 10.00am Robb	BODYPUMP®*	B
10.15am - 11.00am Robb	BODYCOMBAT®*	B
11.15am - 12.15pm Lynn	Yoga	B
5.00pm - 5.45pm Matt	Aqua Fit	A
5.15pm - 6.00pm Heather	Brio Ball	B
5.15pm - 6.00pm Sarah	FitSteps	C
6.15pm - 7.00pm Matt	BODYCOMBAT®*	C
6.15pm - 7.00pm Heather	Pilates	B

THURSDAY		
CLOSED		

SATURDAY		
9.15am - 10.00am Estanis	BootCamp	B
9.15am - 10.00am Claire	Zumba	B
10.15am - 11.00am Heather	Brio Ball	B
11.15am - 12.00pm Heather	Pilates	B
12.15am - 1.00pm Heather	Pilates	B

SUNDAY		
9.15am - 10.00am Matt	BODYPUMP®*	B
10.15am - 11.00am Dave	Brio Circuits	C
10.15am - 11.00am Matt	Pilates	B
11.15am - 12.00am Matt	Pilates	B

VIRTUAL SPIN SESSIONS

TUESDAY - WEDNESDAY		
6.40am - 7.25am	Virtual Spin	B
7.40am - 8.25am	Virtual Spin	B
8.40am - 9.25am	Virtual Spin	B
9.40am - 10.25am	Virtual Spin	B
10.40am - 11.25am	Virtual Spin	B
11.40am - 12.25pm	Virtual Spin	B
12.40pm - 1.25pm	Virtual Spin	B
1.40pm - 2.25pm	Virtual Spin	B
2.40pm - 3.25pm	Virtual Spin	B
3.40pm - 4.25pm	Virtual Spin	B
4.40pm - 5.25pm	Virtual Spin	B
5.40pm - 6.25pm	Virtual Spin	B

SATURDAY - SUNDAY		
8.10am - 8.55am	Virtual Spin	B
9.10am - 9.55am	Virtual Spin	B
10.10am - 10.55am	Virtual Spin	B
11.10am - 11.55pm	Virtual Spin	B
12.10pm - 12.55pm	Virtual Spin	B
1.10pm - 1.55pm	Virtual Spin	B
2.10pm - 2.55pm	Virtual Spin	B
3.10pm - 3.55pm	Virtual Spin	B

* These are premium rate 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.

brisleisure.org/welcomeback

ENTRANCES	
Pool	A
Studio / Gym	B
Sports Hall	C

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