

Neston Recreation Centre Fitness Class Timetable Autumn 2018

MONDAY AM	
6.45am - 7.30am Virtual	Virtual Spin
6.45am - 7.30am Suzie	BODYPUMP EXPRESS®*
9.15am - 10.00am Carla	Body Conditioning
9.30am - 10.15am Virtual	Virtual Spin
10.00am - 11.00am Heather	Pilates
10.15am - 11.00am TBC	Aqua Fit
10.30am - 11.00am Gym Team	Synrgy**

TUESDAY AM	
6.45am - 7.30am Virtual	Virtual Spin
9.15am - 10.00am Robb	BODY COMBAT EXPRESS®*
9.30am - 10.15am Virtual	Virtual Spin
10.10am - 10.55am Robb	BODYPUMP EXPRESS®*
10.30am - 11.00am Gym Team	Synrgy**
11.00am - 12.30pm Lynn	Yoga

WEDNESDAY AM	
6.45am - 7.30am Virtual	Virtual Spin
9.30am - 10.15am Virtual	Virtual Spin
10.00am - 10.45am Mark	Kettlebell Workout
10.30am - 11.00am Gym Team	Synrgy**
10.45am - 11.30am Mark	Stretch and Core

THURSDAY AM	
6.45am - 7.30am Virtual	Virtual Spin
9.15am - 10.00am Carla	Beginners HIIT
9.30am - 10.15am Matt	Spin*
10.00am - 10.45am Carla	Body Conditioning
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.15am Matt	Aqua Fit

MONDAY PM	
12.15pm - 12.45pm Virtual	Virtual Spin
12.45pm - 1.30pm Julie-Ann	Nifty Fifties
1.30pm - 2.15pm Julie-Ann	Pure Stretch
3.30pm - 4.00pm Gym Team	Junior Synrgy**
5.15pm - 6.00pm Donna	Fitness Pilates
5.15pm - 6.00pm Jess	Spin*
6.00pm - 6.30pm Gym Team	Synrgy**
6.00pm - 6.45pm Donna	Burn and Firm
6.00pm - 6.45pm Jess	Spin
6.30pm - 7.00pm Dave	Abs Blast
7.00pm - 7.45pm Grace	Zumba
7.00pm - 8.00pm Jess	Kettlebell Workout
7.00pm - 8.00pm Dave	HIIT Circuits
8.00pm - 8.45pm Virtual	Virtual Spin

TUESDAY PM	
12.15pm - 12.45pm Virtual	Virtual Spin
1.30pm - 2.00pm Gym Team	Nifty Fifties Synrgy**
3.30pm - 4.00pm Gym Team	Junior Synrgy**
5.15pm - 5.45pm Suzie	Express Spin*
5.45pm - 6.45pm Heather	Pilates
6.00pm - 6.30pm Gym Team	Synrgy**
6.00pm - 6.45pm Suzie	Metafit/Abs
6.00pm - 7.00pm Matt	BODYCOMBAT®*
6.45pm - 7.45pm Sarah	FitSteps Fab
7.00pm - 7.45pm Suzie	Spin*
7.00pm - 8.00pm Heather	LBT On the Ball
7.30pm - 8.15pm Matt	Aqua Fit
8.00pm - 8.45pm Virtual	Virtual Spin
8.05pm - 8.50pm Suzie	BODYPUMP EXPRESS®*

WEDNESDAY PM	
12.15pm - 12.45pm Virtual	Virtual Spin
3.30pm - 4.00pm Gym Team	Junior Synrgy**
6.00pm - 6.30pm Carla	Express Spin*
6.00pm - 6.30pm Gym Team	Synrgy**
6.00pm - 7.00pm Suzie	BODYPUMP EXPRESS®*
6.00pm - 7.30pm Alison	Hatha Yoga
6.30pm - 7.15pm Carla	Vibe Cycle*
7.00pm - 7.55pm Heather	BodyBlitz
7.00pm - 7.45pm Suzie	Metafit/Abs
8.00pm - 8.45pm Virtual	Virtual Spin
8.00pm - 9.00pm Heather	Pilates
8.05pm - 8.50pm Claire	Clubbercise

THURSDAY PM	
12.15pm - 12.45pm Virtual	Virtual Spin
1.00pm - 1.45pm Heather	Nifty Fifties
3.30pm - 4.00pm Gym Team	Junior Synrgy**
5.15pm - 5.45pm Virtual	Virtual Spin
5.15pm - 6.00pm Suzie	Metafit/Abs
6.00pm - 6.30pm Gym Team	Synrgy**
6.15pm - 7.00pm Suzie	BODYPUMP EXPRESS®*
7.15pm - 8.00pm Suzie	Spin*
7.15pm - 8.15pm Sarah	Fit Steps
8.15pm - 9.00pm Virtual	Virtual Spin

FRIDAY AM	
6.45am - 7.30am Virtual	Virtual Spin
9.15am - 10.15am Holly	BODYPUMP®*
9.30am - 10.15am Virtual	Virtual Spin
10.00am - 10.30am Gym Team	Synrgy**
10.30am - 11.15am Holly	Metafit & Abs

FRIDAY PM	
12.15pm - 12.45pm Virtual	Virtual Spin
3.30pm - 4.00pm Gym Team	Junior Synrgy**
5.15pm - 6.00pm Mark	Kettlebell Workout
5.15pm - 6.00pm Ashleigh	BODYPUMP EXPRESS®*
6.00pm - 6.30pm Gym Team	Synrgy**
6.05pm - 6.50pm Mark	HIIT Workout
6.15pm - 7.00pm Ashleigh	BODY COMBAT EXPRESS®*
8.00pm - 8.45pm Virtual	Virtual Spin

SATURDAY	
8.15am - 9.00am Virtual	Virtual Spin
9.15am - 10.00am Claire	Clubbercise
9.15am - 10.00am Carla	Vibe Cycle
10.15am - 10.45am Gym Team	Synrgy**
10.00am - 11.00am Heather	LBT On The Ball
11.00am - 12.00pm Heather	Pilates

SUNDAY	
9.00am - 9.45am Dave	Spin*
10.00am - 10.45am Virtual	Virtual Spin
9.30am - 10.30am Matt	BODYPUMP®*
10.00am - 11.00am Dave	Super Circuits
10.30am - 11.30am Matt	Step
6.00pm - 7.30pm Alison	Hatha Yoga



QUICK KEY	
Cardio	
Complete Body Workout	
Interval	
Mind & Body	
Strength / Conditioning	
Water Workout	

- Exclusive to Neston
- New Instructor
- Class takes place in High School Studios