


# Northwich Memorial Court Fitness Class Timetable Autumn 2018

MONDAY AM	
6.45am - 7.30am Lee	HIIT Workout
9.15am - 10.00am Michelle	Spin*
9.30am - 10.15am Tony	BODYATTACK® EXPRESS*
10.00am - 11.00am Jill / Heather	Aqua Fit / Jog
10.15am - 11.00am Michelle	Beginners Spin
10.20am - 11.20am Tony	BODYPUMP®*
11.00am - 11.30am Gym Team	Synrgy Core**
11.30am - 12.15pm Tracey	Nifty Fifties Top 2 Toe

TUESDAY AM	
6.45am - 7.30am Corbyn	Spin*
9.30am - 10.15am Tony	Spin*
9.30am - 10.30am Tracey	Pilates
10.30am - 11.15am Joe	Spin*
10.30am - 11.30am Alison	Legs, Bums & Tums
11.15am - 12.00pm Jill	Aqua Fit
11.30am - 12.00pm Tony	Nifty Fifties Spin 
11.30am - 12.15pm Alison	BODYCOMBAT® EXPRESS*

WEDNESDAY AM	
6.45am - 7.30am Lee	HIIT Circuit
9.30am - 10.15am Carol	Spin*
9.30am - 10.15am Alison	BODYCOMBAT® EXPRESS*
10.00am - 11.00am Jill / Heather	Aqua Fit / Jog
10.30am - 11.00am Gym Team	Beginners Synrgy**
10.30am - 11.15am Alison	BODYPUMP® EXPRESS*
11.20am - 12.05pm Heather	Zumba

THURSDAY AM	
6.45am - 7.30am Lee	Spin*
9.15am - 10.00am Jill	Aqua Fit
9.30am - 10.15am Stefan	Spin*
9.30am - 10.30am Tony	BODYPUMP®*
10.00am - 11.00am Jill	Aqua Natal
10.30am - 11.00am Gym Team	Synrgy Fat Burn**
10.30am - 11.30am Tony	BODYCOMBAT®*
11.45am - 12.45pm Carol	Fitness Pilates

MONDAY PM	
12.15pm - 1.15pm Tracey	Pilates
1.20pm - 2.50pm Lucy	Hatha Yoga
4.30pm - 5.30pm Jenny	Urban Fitness (11 - 16 Years)
5.30pm - 6.00pm Gym Team	Synrgy**
6.00pm - 7.00pm Alison	BODYPUMP®*
6.00pm - 6.45pm Heather	Zumba
6.00pm - 6.45pm Stefan	Spin*
7.00pm - 8.00pm Stefan	PiYo
7.00pm - 8.00pm Alison	BODYCOMBAT®*
7.30pm - 8.00pm Gym Team	Synrgy Extreme**
8.00pm - 8.45pm Joe	Spin*
8.05pm - 9.35pm Carmen	Iyengar Yoga


TUESDAY PM	
5.30pm - 6.00pm Gym Team	Synrgy**
6.00pm - 6.45pm Julie	Spin*
6.00pm - 7.00pm Jenny	Legs, Bums & Tums
6.00pm - 6.45pm Stella	BODYATTACK® EXPRESS
6.45pm - 7.30pm Julie	Spin*
7.00pm - 7.45pm Jill	Aqua Jog
6.45pm - 7.30pm Stella	BODYCOMBAT® EXPRESS*
7.00pm - 8.00pm Carol	Fitness Pilates
7.30pm - 8.00pm Gym Team	Synrgy Fat Burn**
7.35pm - 8.35pm Heather	Zumba
7.45pm - 8.15pm Jill	Aqua HIIT








WEDNESDAY PM	
12.10pm - 1.10pm Carol	Fitness Pilates
1.15pm - 2.00pm Andrew	Exercise Safely Circuits
2.00pm - 2.45pm Heather	Nifty Fifties Top 2 Toe
5.30pm - 6.00pm Gym Team	Synrgy**
6.00pm - 6.45pm Joe	Spin*
6.00pm - 6.45pm Tony	BODYCOMBAT® EXPRESS*
6.15pm - 6.45pm Stefan	Abs Blast
6.50pm - 7.35pm Stefan	PiYo
6.50pm - 7.35pm Dawn	Clubbercise
7.00pm - 7.30pm Gym Team	Synrgy Legs, Bums & Tums**
6.50pm - 7.35pm Tony	BODYPUMP® EXPRESS*
7.30pm - 8.15pm Angela	Spin*
8.00pm - 9.30pm Carmen	Iyengar Yoga

THURSDAY PM	
1.20pm - 2.50pm Lucy	Hatha Yoga
5.30pm - 6.00pm Gym Team	Synrgy**
6.00pm - 6.45pm Stefan	Spin*
6.00pm - 7.00pm Stella	BODYCOMBAT®*
6.15pm - 7.15pm Clare	Masters Swim
6.45pm - 7.30pm Stefan	Spin*
7.00pm - 7.30pm Jill	Aqua HIIT
7.00pm - 8.00pm Andy	Boxing Circuit
7.00pm - 8.00pm Stella	Kettlercise
7.30pm - 8.15pm Jill	Aqua Jog
8.00pm - 9.00pm Sue	Pilates

FRIDAY AM	
6.45am - 7.30am Lee	HIIT & Run
9.00am - 9.45am Jill / Heather	Aqua Fit / Jog
9.15am - 10.15am Sue	Pilates
9.30am - 10.15am Stefan	Spin*
10.20am - 10.50am Stefan	BODYATTACK® EXPRESS
10.30am - 11.00am Gym Team	Synrgy Core**
10.55am - 11.40am Tony	BODYPUMP® EXPRESS*
11.45am - 12.30pm Tony	Beginners Spin*
11.45am - 12.30pm Heather	Zumba Gold

SATURDAY	
8.25am - 9.10am Stefan	Spin*
9.15am - 10.00am Stefan	PiYo
9.30am - 10.15am Joe	Spin*
9.30am - 10.30am Stella	BODYPUMP®*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.30am Stella	BODYATTACK®

SUNDAY	
8.45am - 9.15am Stefan	Spin Extreme*
9.30am - 10.30am Stefan	BODYPUMP®*
10.30am - 11.00am Gym Team	Synrgy**
10.30am - 11.30am Stefan	BODYCOMBAT®*
6.00pm - 6.45pm Sue	Zumba 
6.45pm - 7.45pm Sue	Pilates 

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

 - New Instructor

FRIDAY PM	
12.45pm - 1.30pm Lee	Exercise Safely Circuits
5.30pm - 6.00pm Gym Team	Synrgy**
5.30pm - 6.15pm Alison	BODYATTACK® EXPRESS
6.00pm - 6.45pm Stefan	Spin*
6.30pm - 7.30pm Alison	BODYPUMP®*

