

# Ellesmere Port Sports Village Fitness Class Timetable May - August 2019

MONDAY	
6.45am - 7.30am Vicky	Brio Cycle*
9.30am - 10.00am Ruby	HIIT Step <b>NEW CLASS</b>
9.30am - 10.15am Amber	Post-Natal Cycle*
9.30am - 10.30am Sasha	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Helen	Zumba Toning
10.30am - 11.30am Sasha	Brio Cycle*
11.00am - 12.00pm Dora	Pilates
12.00pm - 12.45pm Dora	Brio Ball
12.00pm - 1.00pm Sarah	Brio Move
1.15pm - 1.45pm Dave	Gym HIIT**
1.15pm - 2.00pm Dora	Brio Move Circuits
5.15pm - 5.45pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.15pm Dan	Metafit & Core®
6.00pm - 6.45pm Emma	Brio LBT
6.00pm - 7.00pm Mel	BODYPUMP®*
6.05pm - 6.55pm Julie	Aqua Jog
6.15pm - 7.15pm Becky	Brio Cycle*
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Dan	Brio Kettlebell
7.15pm - 7.45pm Emma	Metafit®
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.15pm - 8.15pm Becky	Brio Cycle*
7.30pm - 8.30pm Faye	Pilates

TUESDAY	
7.00am - 7.45am Jan	Brio Cycle*
9.30am - 10.15am Ruby	Clubbercise®
9.30am - 10.30am Jess	Brio Cycle*
10.00am - 11.00am Mel	BODYCOMBAT®*
10.15am - 11.15am Tersia	Yoga <b>NEW CLASS</b>
10.30am - 11.00am Gym Team	Gym HIIT**
11.15am - 12.00pm Mel	BODYPUMP®*
11.15am - 12.15pm Tersia	Pilates
5.15pm - 5.45pm Robb	Metafit®
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.00pm Dora	Brio Core
6.00pm - 6.45pm Robb	Brio Circuits
6.00pm - 7.00pm Bev	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Jan	Brio Cycle*
6.30pm - 7.30pm Julie	Aqua Fit
6.30pm - 7.30pm Sarah	Aqua Jog (Deep end)
7.00pm - 7.45pm Jan	Brio Cycle*
7.05pm - 8.00pm Dan	Brio Kettlebell
7.15pm - 8.15pm Faye	Brio Step
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.30pm - 8.00pm Julie	Aqua HIIT

WEDNESDAY	
6.45am - 7.30am Suzie	BODYPUMP®*
9.30am - 10.15am Ruby	BODYPUMP®*
9.30am - 10.25am Dora	Pilates
10.00am - 10.30am Jan	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Dora	Zumba Gold
10.30am - 11.30am Jan	Brio Cycle*
10.30am - 12.00pm Najia	Tai Chi
11.30am - 12.15pm Dora	Brio Move Circuits
11.45am - 12.30pm Jess	Brio Cycle(Beginners)*
5.15pm - 6.00pm Lisa	Brio Cycle*
5.15pm - 6.00pm Robb	BODYATTACK®*
5.30pm - 6.00pm Emma	Metafit®
6.00pm - 6.45pm Ruby	Clubbercise®
6.00pm - 7.00pm Emma	The Hour of Power
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Lisa	Brio Cycle*
7.00pm - 7.30pm Jo	Swim Fit
7.00pm - 8.00pm Mel	BODYCOMBAT®*
7.10pm - 7.55pm Ceri	BODYPUMP®*
7.30pm - 8.00pm Jo	Swim Fit
7.30pm - 8.00pm Gym Team	Gym HIIT**
8.15pm - 9.15pm Vivienne	Yoga

THURSDAY	
6.45am - 7.15am Brad	Gym HIIT**
9.30am - 10.15am Ceri	BODYPUMP®* <b>NEW CLASS</b>
9.30am - 10.25am Sasha	Brio Kettlebell
10.00am - 10.45am Ruby	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT
10.30am - 11.15am Mel	BODYCOMBAT®*
10.30am - 11.15am Helen	Zumba Toning <b>NEW CLASS</b>
11.00am - 12.00pm Sarah	Aqua Fit
11.30am - 12.30pm Sasha	Pilates
1.00pm - 2.00pm Dora	Brio Move Circuits
5.00pm - 5.45pm Helen	Zumba Toning
5.15pm - 5.45pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Becky	Brio Cycle*
6.00pm - 6.45pm Mel	BODYPUMP®*
6.00pm - 7.00pm Emma	Brio Burn
6.15pm - 6.45pm Gym Team	Gym HIIT
6.30pm - 7.30pm Becky	Brio Cycle*
7.00pm - 7.45pm Robb	BODYCOMBAT®*
7.00pm - 7.45pm Sarah	Aqua Dance
7.00pm - 7.45pm Emma	Brio LBT
7.30pm - 8.00pm Gym Team	Gym HIIT**
8.00pm - 9.00pm Traci	Brio Tri Training

FRIDAY	
6.45am - 7.30am Vicky	BODYPUMP®*
9.15am - 10.00am Helen	Aqua Zumba
9.30am - 10.15am Lily	BODYATTACK®*
9.30am - 10.30am Sarah	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Jan	Brio Cycle*
12.00pm - 1.00pm Urška	Brio Move
1.15pm - 2.15pm Urška	Pilates
5.00pm - 5.45pm Emma	Brio Kettlebell
5.15pm - 6.00pm Helen	Zumba
6.00pm - 7.00pm Mel	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Jan	Brio Cycle
7.15pm - 8.15pm Mel	BODYCOMBAT®*

SATURDAY	
8.30am - 9.15am Julie	Brio Cycle*
9.00am - 9.30am Robb	Metafit®
9.30am - 10.15am Robb	BODYATTACK®*
9.30am - 10.30am Vicky	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Robb	BODYCOMBAT®*

SUNDAY	
8.15am - 9.00am Ruby	Brio Cycle*
9.15am - 10.00am Ruby	Brio Cycle*
9.30am - 10.15am Mel	BODYCOMBAT®*
10.10am - 10.55am Ruby	Clubbercise®
10.15am - 11.00am Colin	Brio Cycle* <b>NEW CLASS</b>
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Mel	BODYPUMP®*
4.00pm - 5.00pm Sarah	Aqua Fit
5.00pm - 6.00pm Robb	BODYCOMBAT®*

QUICK KEY	
Cardio	Orange
Mind & Body	Purple
Strength / Conditioning	Green
Water Workout	Blue

**FROM  
£4.30  
FREE  
TO PREMIER MEMBERS**

\* These are premium rate sessions  
\*\*A Welcome Workout is required before taking part in this class  
^ Price correct as of printing, based on a 30 minute class in conjunction with a leisure card.