

# Northwich Memorial Court Fitness Class Timetable May - August 2019

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
6.45am - 7.30am Lee	Brio HIIT		6.45am - 7.30am Corbyn	Brio Cycle*		6.45am - 7.30am Lee	Brio HIIT		6.45am - 7.30am Lee	Brio Cycle*	
9.15am - 10.00am Stefan	Brio Cycle*		9.30am - 10.15am Angela	Brio Cycle*		9.30am - 10.15am Carol	Brio Cycle*		9.15am - 10.00am Jill / Clare B	Aqua Fit / Aqua Jog	
9.30am - 10.15am Tony	BODYCOMBAT®*		9.30am - 10.30am Tracey	Pilates		9.30am - 10.15am Alison	BODYATTACK®*		9.30am - 10.15am Angela	Brio Cycle*	
10.00am - 11.00am Heather / Jill	Aqua Fit / Aqua Jog		10.30am - 11.15am Angela	Brio Cycle*		10.00am - 11.00am Heather / Jill	Aqua Fit / Aqua Jog		9.30am - 10.30am Tony	BODYPUMP®*	
10.15am - 11.00am Stefan	Brio Cycle*		10.30am - 11.30am Alison	Brio LBT		10.25am - 11.10am Alison	BODYPUMP®*		10.00am - 11.00am Jill	Aqua Natal	
10.20am - 11.20am Tony	BODYPUMP®*		11.15am - 12.00pm Jill / Clare T	Aqua Fit / Aqua Jog		10.30am - 11.00am Gym Team	Gym HIIT**		10.30am - 11.00am Gym Team	Gym HIIT**	
11.00am - 11.30am Gym Team	Gym HIIT**		11.15am - 12.00pm Clare T	Aqua Jog		11.20am - 12.05pm Yvonne	Zumba		10.30am - 11.30am Tony	BODYCOMBAT®*	
11.30am - 12.15pm Tracey	Brio Move		11.30am - 12.15pm Alison	BODYCOMBAT®*		12.10pm - 1.10pm Carol	Fitness Pilates		11.40am - 12.10pm Tracey	Brio Cycle (50+)*	
12.15pm - 1.15pm Tracey	Pilates		11.30am - 12.00pm Tony	Brio Cycle (50+)		1.15pm - 2.00pm Joe	Brio Move Circuits		11.45am - 12.45pm Carol	Fitness Pilates	
1.20pm - 2.50pm Lucy	Hatha Yoga		1.00pm - 2.30pm Clare	Yoga 		2.00pm - 2.45pm Heather	Brio Move		1.20pm - 2.50pm Lucy	Hatha Yoga	
5.30pm - 6.00pm Gym Team	Gym HIIT**		5.30pm - 6.00pm Gym Team	Gym HIIT		5.30pm - 6.00pm Gym Team	Gym HIIT**		5.30pm - 6.00pm Gym Team	Gym HIIT**	
6.00pm - 6.45pm Heather	Zumba		6.00pm - 6.45pm Julie	Brio Cycle*		6.00pm - 6.45pm Angela	Brio Cycle*		6.00pm - 6.45pm Michelle	Brio Cycle*	
6.00pm - 6.45pm Stefan	Brio Cycle*		6.00pm - 6.45pm Stella	BODYATTACK®*		6.00pm - 6.45pm Tony	BODYCOMBAT®*		6.00pm - 7.00pm Angela	BODYCOMBAT®*	
6.00pm - 7.00pm Alison	BODYPUMP®*		6.00pm - 7.00pm Jenny	Brio LBT		6.50pm - 7.35pm Stefan	PIYo		6.45pm - 7.30pm Michelle	Brio Cycle*	
7.00pm - 8.00pm Stefan	PIYo		6.45pm - 7.30pm Julie	Brio Cycle*		6.50pm - 7.35pm Dawn	Clubbercise		7.00pm - 7.30pm Jill	Aqua HIIT	
7.00pm - 8.00pm Alison	BODYCOMBAT®*		6.45pm - 7.30pm Stefan	BODYCOMBAT®*		6.50pm - 7.35pm Tony	BODYPUMP®*		7.00pm - 8.00pm Andy	Brio Box	
7.30pm - 8.00pm Gym Team	Gym HIIT**		7.00pm - 7.45pm Jill	Aqua Jog		7.00pm - 7.30pm Gym Team	Gym HIIT**		7.30pm - 8.15pm Jill	Aqua Jog	
8.00pm - 8.45pm Joe	Brio Cycle*		7.00pm - 8.00pm Carol	Fitness Pilates		7.30pm - 8.30pm Angela	Brio Cycle*		8.00pm - 9.00pm Sue	Pilates	
8.05pm - 9.35pm Carmen	Iyengar Yoga		7.30pm - 8.00pm Gym Team	Gym HIIT**		8.00pm - 9.30pm Carmen	Iyengar Yoga				
			7.35pm - 8.35pm Heather	Zumba							
			7.45pm - 8.15pm Jill	Aqua HIIT							

FRIDAY			SATURDAY			SUNDAY			QUICK KEY		
6.45am - 7.30am Lee	Brio HIIT		8.25am - 9.10am Stefan	Brio Cycle*		8.45am - 9.15am Stefan	Brio Cycle*		Cardio		
9.00am - 9.45am Heather / Jenny	Aqua Fit / Aqua Jog		9.15am - 10.00am Stefan	PIYo		9.30am - 10.30am Stefan	BODYPUMP®*		Mind & Body		
9.15am - 10.15am Sue	Pilates		9.30am - 10.15am Joe	Brio Cycle*		10.30am - 11.00am Gym Team	Gym HIIT**		Strength / Conditioning		
9.30am - 10.15am Stefan	Brio Cycle*		9.30am - 10.30am Angela	BODYPUMP®*		10.30am - 11.30am Stefan	BODYCOMBAT®*		Water Workout		
10.20am - 10.50am Stefan	BODYATTACK®*		10.30am - 11.00am Gym Team	Gym HIIT**		6.00pm - 6.45pm Sue	Zumba				
10.30am - 11.00am Gym Team	Gym HIIT**		10.30am - 11.30am Stella	BODYATTACK®*		6.45pm - 7.45pm Sue	Pilates				
10.55am - 11.40am Tony	BODYPUMP®*										
11.45am - 12.30pm Tony	Brio Cycle*										
11.45am - 12.30pm Yvonne	Zumba Gold										
12.45pm - 1.30pm Lee	Brio Move Circuits										
5.30pm - 6.00pm Gym Team	Gym HIIT**										
5.45pm - 6.30pm Alison	BODYCOMBAT®* 										
6.00pm - 6.45pm Stefan	Brio Cycle*										
6.35pm - 7.20pm Alison	BODYPUMP®*										

**FROM**  
**£4.30<sup>~</sup>**  
**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.