










# Ellesmere Port Sports Village Fitness Class Timetable September - December 2019


MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
6.45am - 7.30am Vicky	Brio Cycle*		7.00am - 7.45am Jan	Brio Cycle*		6.45am - 7.30am Suzie	BODYPUMP®*		6.45am - 7.15am Brad	Gym HIIT**	
9.15am - 9.45am Ruby	HIIT Step		9.30am - 10.15am Ruby	Clubbercise®		9.30am - 10.15am Ruby	BODYPUMP®*		9.30am - 10.25am Sasha	Brio Kettlebell	
9.30am - 10.15am Lisa	Post-natal Cycle		9.30am - 10.30am Jess	Brio Cycle*		9.30am - 10.25am Dora	Pilates		9.30am - 10.30am Ceri	BODYPUMP®*	
9.45am - 10.45am Sasha	BODYPUMP®*		10.00am - 11.00am Mel	BODYCOMBAT®*		10.00am - 10.45am Jan	Brio Cycle*		10.00am - 10.45am Ruby	Brio Cycle*	
10.30am - 11.00am Gym Team	Gym HIIT**		10.15am - 11.15am Tersia	Yoga		10.30am - 11.00am Gym Team	Gym HIIT**		10.30am - 11.00am Gym Team	Gym HIIT	
10.45am - 11.30am Helen	Zumba Toning		10.30am - 11.00am Gym Team	Gym HIIT**		10.30am - 11.15am Dora	Zumba Gold		10.30am - 11.15am Mel	BODYCOMBAT®*	
10.50am - 11.35am Sasha	Brio Cycle*		11.15am - 12.00pm Mel	BODYPUMP®*		10.30am - 12.00pm Najia	Tai Chi		10.30am - 11.15am Ginette	Clubbercise®	
11.00am - 12.00pm Dora	Pilates		11.15am - 12.15pm Tersia	Pilates		10.45am - 11.30am Jan	Brio Cycle*		11.00am - 12.00pm Sarah	Aqua Fit	
12.00pm - 12.45pm Dora	Brio Ball		1.00pm - 2.00pm	Relaxed Gym Hours		11.30am - 12.15pm Dora	Brio Move Circuits		11.30am - 12.30pm Sasha	Pilates	
12.00pm - 1.00pm Lisa	Brio Move		5.15pm - 5.45pm Robb	Metafit®		11.45am - 12.30pm Jess	Brio Cycle (Beginners)*		1.00pm - 1.45pm Dora	Brio Move Circuits	
1.15pm - 1.45pm Dave	Gym HIIT(50+)**		5.15pm - 6.00pm Jan	Brio Cycle*		5.15pm - 6.00pm Lisa	Brio Cycle*		1.00pm - 2.00pm	Relaxed Gym Hours	
1.15pm - 2.00pm Dora	Brio Move Circuits		5.30pm - 6.00pm Dora	Brio Core		5.15pm - 6.00pm Robb	BODYATTACK®*		5.15pm - 5.45pm Sarah	BODYATTACK®*	
5.15pm - 5.45pm Sarah	BODYATTACK®*		6.00pm - 6.45pm Robb	Brio Circuits		5.30pm - 6.00pm Emma	Metafit®		5.15pm - 6.00pm Helen	Zumba Toning	
5.15pm - 6.00pm Jan	Brio Cycle*		6.00pm - 7.00pm Bev	BODYPUMP®*		6.00pm - 6.45pm Ginette	Clubbercise®		5.15pm - 6.00pm Becky	Brio Cycle*	
5.30pm - 6.15pm Dan	Metafit & Core®		6.00pm - 7.00pm Sasha	Yogalates		6.00pm - 7.00pm Emma	The Hour of Power		6.00pm - 7.00pm Emma	Brio Burn	
6.00pm - 6.45pm Emma	Brio LBT		6.15pm - 6.45pm Gym Team	Gym HIIT**		6.15pm - 6.45pm Gym Team	Gym HIIT**		6.15pm - 7.00pm Mel	BODYPUMP®*	
6.00pm - 7.00pm Mel	BODYPUMP®*		6.15pm - 7.00pm Jan	Brio Cycle*		6.15pm - 7.00pm Lisa	Brio Cycle*		6.30pm - 7.30pm Becky	Brio Cycle*	
6.05pm - 6.55pm Julie	Aqua Jog		6.30pm - 7.30pm Julie	Aqua Fit		7.00pm - 7.30pm Jo	Swim Fit		7.00pm - 7.45pm Sarah	Aqua Dance	
6.15pm - 7.15pm Becky	Brio Cycle*		6.30pm - 7.30pm Sarah	Aqua Jog (Deep end)		7.00pm - 8.00pm Mel	BODYCOMBAT®*		7.00pm - 8.00pm Emma	Brio LBT	
6.15pm - 6.45pm Gym Team	Gym HIIT**		7.00pm - 7.45pm Jan	Brio Cycle*		7.10pm - 7.55pm Ceri	BODYPUMP®*		7.15pm - 8.00pm Robb	BODYCOMBAT®*	
6.30pm - 7.30pm Dan	Brio Kettlebell		7.05pm - 8.00pm Dan	Brio Kettlebell		7.30pm - 8.00pm Jo	Swim Fit		7.30pm - 8.00pm Gym Team	Gym HIIT**	
7.15pm - 7.45pm Emma	Metafit®		7.15pm - 8.15pm Faye	Brio Step		7.30pm - 8.00pm Gym Team	Gym HIIT**		8.00pm - 9.00pm Traci	Brio Tri Training	
7.15pm - 8.15pm Becky	Brio Cycle*		7.30pm - 8.00pm Gym Team	Gym HIIT**		8.15pm - 9.15pm Vivienne	Yoga				
7.30pm - 8.00pm Gym Team	Gym HIIT**		7.30pm - 8.00pm Julie	Aqua HIIT							
7.30pm - 8.30pm Faye	Pilates										

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*	
10.45am - 11.45am Urska	Yoga	
12.00pm - 1.00pm Urska	Brio Move	
1.15pm - 2.15pm Urska	Pilates	
5.00pm - 5.45pm Emma	Brio Kettlebell	
5.00pm - 5.45pm 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 Lisa	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*	
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		
Mind & Body		
Strength / Conditioning		
Water Workout		

 Sessions with this symbol are suitable for those living with Dementia, Autism or any other cognitive disorders.

**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.