Brio Fitness

Northgate Arena Fitness Class Timetable September - December 2019

MONDAY

9.15am - 10.00am Helen	**Zumba Toning**	
9.30am - 10.30am Becky	**Brio Cycle***	
10.00am - 11.00am Alison	**Brio Burn**	
10.30am - 11.00am Gym Team	**Gym HIIT****	
11.00am - 11.45am Alison	**Aqua Fit**	
11.00am - 12.30pm Carole	**Hatha Yoga**	
11.15am - 12.00pm Ruby	**BODYPUMP®***	
11.30am - 12.15pm Ceri	**Pilates**	
4.30pm - 5.00pm CJ	**Brio Core**	
5.15pm - 5.45pm Robb	**Metafit®**	
5.15pm - 6.00pm CJ	**Brio Dance**	
5.45pm - 6.15pm Ali	**Brio Cycle***	
6.00pm - 7.00pm Robb	**BODYCOMBAT®***	
6.00pm - 7.00pm Ruby	**BODYPUMP®***	
6.30pm - 7.30pm Ali	**Brio Cycle***	
7.00pm - 7.45pm Jo	**Aqua Jog**	
7.00pm - 8.00pm Ceri	**Pilates**	
7.15pm - 8.00pm Urska	**Brio Burn**	
7.15pm - 8.15pm Mark	**Brio Circuits**	
7.30pm - 8.15pm Nick/Amber	**Brio Cycle***	
8.00pm - 9.30pm Emma	**Yoga**	
8.05pm - 8.50pm Urska	**Kettlercise**	

TUESDAY

6.45am - 7.30am Brian	**BODYPUMP®***	
9.30am - 10.30am Ali	**Brio Cycle***	
9.45am - 10.30am CJ	**Zumba**	
10.30am - 11.00am Gym Team	**Gym HIIT****	
10.30am - 11.15am Amber	**Post-natal Cycle***	
10.30am - 11.30am CJ	**Brio Burn**	
10.30am - 11.30am Ali	**Aqua Fit**	
12.00pm - 12.45pm Jo	**Pilates**	
12.00pm - 12.45pm Colin	**Brio Cycle***	
2.15pm - 3.00pm Joy	**Pilates**	
3.00pm - 3.45pm Julie	**Brio Move**	
5.15pm - 6.00pm Ruby	**Brio Cycle***	
5.15pm - 6.00pm Urska	**Brio Core**	
6.00pm - 6.45pm Donna F	**The Hour of Power®**	
6.00pm - 6.45pm Ruby	**Brio Cycle***	
6.00pm - 7.00pm Mel	**BODYCOMBAT®***	
6.00pm - 7.30pm Lisa	**Hatha Yoga**	
6.45pm - 7.30pm Donna F	**PiYo**	
7.00pm - 7.45pm Gemma	**Zumba**	
7.15pm - 8.00pm Helen	**Brio Cycle***	
7.45pm - 8.30pm Donna F	**Brio Kettlebell**	
8.00pm - 9.30pm Lisa	**Hatha Yoga**	

WEDNESDAY

6.45am - 7.15am Ruby	**HIITStep®** NEW CLASS	
9.30am - 10.30am Ali	**Brio Cycle***	
9.30am - 10.30am Mel	**BODYPUMP®***	
10.00am - 10.45am Hayley	**Zumba**	
10.30am - 11.00am Gym Team	**Gym HIIT****	
10.30am - 11.15am Sarah	**Aqua Fit**	
10.45am - 11.30am Mel	**BODYCOMBAT®***	
11.00am - 12.00pm Matt	**Brio Burn**	
12.15pm - 1.00pm Matt	**Pure Stretch**	
1.30pm - 2.30pm	**Relaxed Gym Hours**	
5.15pm - 5.45pm Estanis	**Metafit®**	
5.30pm - 6.15pm Donna F	**Fitness Pilates**	
5.30pm - 6.15pm Jan	**Brio Cycle***	
6.00pm - 7.00pm Matt	**BODYPUMP®***	
6.15pm - 7.00pm CJ	**Brio Dance**	
6.15pm - 7.00pm Jan	**Brio Cycle***	
6.15pm - 7.15pm Ali	**Aqua Fit**	
6.30pm - 7.15pm Donna F	**PiYo**	
7.15pm - 8.00pm Gemma	**Zumba**	
7.15pm - 8.15pm Jo	**Brio Circuits**	

THURSDAY

6.45am - 7.30am Suzie	**BODYPUMP® ***	
9.15am - 10.00am Helen	**Aqua Zumba**	
9.30am - 10.15am Robb	**BODYATTACK®***	
9.30am - 10.15am Julie	**Brio Cycle***	
10.30am - 11.00am Gym Team	**Gym HIIT****	
10.30am - 11.15am Donna F	**Brio Burn**	
10.30am - 11.15am Amber	**Post-natal Cycle***	
11.00am - 12.30pm Carole	**Hatha Yoga**	
11.15am - 12.00pm Donna F	**The Hour of Power®**	
12.30pm - 1.15pm Matt	**Pure Stretch**	
5.15pm - 5.45pm Ruby	**HIITStep®**	
5.15pm - 6.00pm CJ	**Brio Core**	
5.15pm - 6.00pm Colin	**Brio Cycle***	
6.00pm - 7.00pm Donna D	**Brio Burn**	
6.00pm - 7.00pm Matt	**Pilates**	
6.15pm - 7.00pm CJ	**Brio Cycle***	
7.00pm - 7.45pm Sasha	**Hoola Hoop**	
7.00pm - 7.45pm CJ	**Brio Cycle***	
7.05pm - 7.50pm Matt	**BODYATTACK®***	
8.00pm - 8.45pm Sasha	**Hoola Hoop**	

FRIDAY

6.45am - 7.30am Brian	**BODYPUMP®***	
9.30am - 10.30am Becky	**Brio Cycle***	
10.00am - 10.45am CJ	**Brio Dance**	
10.00am - 11.00am Donna F	**Brio Burn**	
10.30am - 11.00am Gym Team	**Gym HIIT****	
11.00am - 11.45am Donna F	**Pilates**	
12.00pm - 1.00pm Donna F	**Pilates**	
1.30pm - 2.30pm	**Relaxed Gym Hours**	
2.00pm - 2.45pm Julie	**Brio Move**	
4.30pm - 5.30pm Jo	**Brio Circuits**	
5.00pm - 5.45pm Amber	**Brio Cycle***	
5.15pm - 6.00pm Gemma	**Zumba**	
6.00pm - 7.00pm Jane	**Brio Burn**	
6.30pm - 7.30pm Ali	**Brio Cycle***	
7.15pm - 8.00pm Holly	**BODYPUMP®***	

SATURDAY

8.45am - 9.15am Ali	**Brio Cycle***	
9.15am - 10.00am Grace	**Zumba**	
9.30am - 10.30am Ali	**Brio Cycle***	
10.30am - 11.00am Gym Team	**Gym HIIT****	

SUNDAY

9.00am - 9.45am Amber/Nick	**Brio Cycle***	
9.00am - 9.45am Ceri	**BODYPUMP®***	
10.00am - 10.45am Robb	**BODYCOMBAT®***	
10.30am - 11.00am Gym Team	**Gym HIIT****	
11.00am - 11.45am Robb	**BODYATTACK®***	
5.00pm - 5.45pm Ruby	**Brio Cycle***	
6.00pm - 6.45pm Ruby	**Clubbercise**	

QUICK KEY

Cardio
Mind & Body
Strength / Conditioning
Water Workout

Classes 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**
Please bring your own Yoga/pilates mat along to our Mind & Body sessions
^ Price correct as of printing, based on a 30 minute class in conjunction with a Leisure Card

brioleisure.org/timetables

NGA