

Neston Recreation Centre Fitness Class Timetable September - December 2019

MONDAY	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.00am Carla	Brio Core
9.30am - 10.15am Virtual	Virtual Cycle
10.00am - 10.45am Carla	Aqua Fit
10.00am - 11.00am Heather	Pilates
10.30am - 11.00am Gym Team	Gym HIIT**
12.00pm - 1.00pm	Relaxed Gym Hours
12.15pm - 12.45pm Virtual	Virtual Cycle
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 6.00pm Donna	Fitness Pilates
5.15pm - 6.00pm Jess	Brio Cycle*
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Donna	Brio Burn
6.00pm - 6.45pm Jess	Brio Cycle*
6.30pm - 7.00pm Dave	Brio Core
7.00pm - 7.45pm Grace	Zumba
7.00pm - 8.00pm Jess	Brio Kettlebell
7.00pm - 8.00pm Dave	Brio HIIT
8.00pm - 8.45pm Virtual	Virtual Cycle*

TUESDAY	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.00am Robb	BODYCOMBAT®*
9.15am - 10.00am Carla	Vibe Cycle
10.10am - 10.55am Robb	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 12.30pm Lynn	Yoga
12.15pm - 12.45pm Virtual	Virtual Cycle
1.30pm - 2.00pm Gym Team	Gym HIIT (50+)**
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 5.45pm Suzie	Brio Cycle*
5.45pm - 6.45pm Heather	Pilates
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Suzie	Metafit & Core®
6.00pm - 7.00pm Matt	BODYCOMBAT®*
6.45pm - 7.45pm Sarah	FitSteps Fab
7.00pm - 7.45pm Suzie	Brio Cycle*
7.00pm - 8.00pm Heather	Brio Ball
7.30pm - 8.15pm Matt	Aqua Fit
8.00pm - 8.45pm Virtual	Virtual Cycle
8.05pm - 8.50pm Suzie	BODYPUMP®*

WEDNESDAY	
6.45am - 7.30am Virtual	Virtual Cycle
9.10am - 9.55am Carla	Fitness Pilates
9.30am - 10.15am Virtual	Virtual Cycle
10.00am - 10.45am Mark	Brio Kettlebell
10.30am - 11.00am Gym Team	Gym HIIT**
10.45am - 11.30am Mark	Brio Core
12.00pm - 1.00pm	Relaxed Gym Hours
12.15pm - 12.45pm Virtual	Virtual Cycle
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 6.00pm Suzie	Metafit & Core®
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Grace	Zumba
6.00pm - 7.00pm Alison	Hatha Yoga
6.15pm - 7.00pm Suzie	BODYPUMP®*
7.05pm - 7.55pm Heather	Brio Burn
7.10pm - 7.55pm Carla	Vibe Cycle
8.00pm - 9.00pm Heather	Pilates
8.05pm - 8.50pm Claire	Clubbercise®
8.30pm - 9.15pm Virtual	Virtual Cycle

THURSDAY	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.00am Carla	Vibe Power
9.30am - 10.15am Matt	Brio Cycle*
10.00am - 10.45am Carla	Fitness Pilates
10.30am - 11.00am Gym Team	Gym HIIT**
10.45am - 11.30am Matt	Aqua Fit
11.00am - 12.30pm Lynn	Yoga
12.15pm - 12.45pm Virtual	Virtual Cycle
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 5.45pm Virtual	Virtual Cycle
5.15pm - 6.00pm Suzie	Metafit & Core®
5.15pm - 6.15pm Heather	Pilates
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Suzie	BODYPUMP®*
7.15pm - 8.00pm Suzie	Brio Cycle*
7.15pm - 8.15pm Sarah	FitSteps
8.15pm - 9.00pm Virtual	Virtual Cycle


FRIDAY	
6.45am - 7.30am Virtual	Virtual Cycle
9.15am - 10.15am Holly	BODYPUMP®*
9.30am - 10.15am Virtual	Virtual Cycle
10.00am - 10.30am Gym Team	Gym HIIT**
10.15am - 11.00am Holly	Metafit & Core®
11.15am - 12.15pm Heather	Pilates
12.15pm - 12.45pm Virtual	Virtual Cycle
2.15pm - 3.00pm Carla	Aqua Fit
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**
5.15pm - 6.00pm Mark	Brio Kettlebell
6.00pm - 6.30pm Gym Team	Gym HIIT**
6.05pm - 6.50pm Mark	Brio HIIT
6.15pm - 7.00pm Matt	BODYCOMBAT®*
6.30pm - 7.15pm Swim Team	Brio Tri Train
7.05pm - 7.50pm Matt	BODYPUMP®*

SATURDAY	
9.00am - 9.45am Carla	Vibe Cycle
9.00am - 9.45am Estanis	Brio Bootcamp
9.15am - 10.00am Claire	Clubbercise
9.15am - 10.00am Virtual	Virtual Cycle
10.00am - 11.00am Heather	Brio Ball
10.15am - 10.45am Gym Team	Gym HIIT**
11.00am - 12.00pm Heather	Pilates

SUNDAY	
9.00am - 9.45am Dave	Brio Cycle*
9.30am - 10.15am Matt	BODYPUMP®*
10.00am - 10.45am Virtual	Virtual Cycle
10.00am - 11.00am Dave	Brio Circuits
10.30am - 11.30am Matt	Pilates
6.00pm - 7.00pm Alison	Hatha Yoga

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

HS High School

 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
~ Price correct as of printing, based on a 30 minute class in conjunction with a Leisure Card.