







Winsford Lifestyle Centre Fitness Class Timetable September - December 2019

MONDAY	
9.15am - 10.00am Lorraine	FitSteps
9.30am - 10.15am Mark	Brio Cycle*
10.00am - 10.45am Katrin/Lorraine	Aqua Fit/Aqua Jog
10.00am - 10.45am Tracey	Brio LBT
11.00am - 11.45am Dawn/Claire	BODYJAM®* 
11.45am - 12.45pm Lucy	Yoga
2.00pm - 3.00pm	Relaxed Gym Hours 
5.30pm - 6.00pm Gym Team	Gym HIIT**
6.00pm - 6.45pm Lorna	Brio Cycle*
6.00pm - 7.00pm Mark	BODYPUMP®*
6.15pm - 6.45pm Jamie	Metafit®
7.00pm - 7.45pm Mark	Brio Cycle*
7.15pm - 8.00pm Tomoko	Brio Core
7.15pm - 8.00pm Lorraine	Zumba
7.30pm - 8.30pm Tracey	Pilates

TUESDAY	
7.15am - 8.00am Lee	Brio HIIT
9.00am - 9.45am Katrin	Aqua Fit
9.30am - 10.30am Emma	BODYPUMP®*
10.15am - 11.00am Lorraine	Zumba
10.40am - 11.25am Emma	BODYCOMBAT®*
11.15am - 12.15pm Tracey	Pilates
12.00pm - 1.30pm Callie	Yoga
12.15pm - 1.00pm Tomoko	Brio Move 
5.30pm - 6.00pm Emma	Brio Core
5.30pm - 6.00pm Gym Team	Gym HIIT**
6.00pm - 7.00pm Emma	BODYCOMBAT®*
6.30pm - 7.15pm Tomoko	Brio Cycle*
7.00pm - 7.30pm Jamie	Metafit®
7.00pm - 7.45pm Lorraine	Zumba
7.30pm - 8.15pm Tracey	Brio LBT
7.30pm - 8.30pm Donna	Pure Stretch
8.30pm - 9.15pm Tracey	Aqua Fit





WEDNESDAY	
7.00am - 7.45am Mark	Brio Cycle*
9.15am - 10.00am Tracey	Brio LBT
9.30am - 10.30am Angie	BODYPUMP®*
10.00am - 10.30am Gym Team	Gym HIIT (60+)**
10.00am - 10.45am Yvonne	Zumba Gold
10.15am - 11.00am Tracey	Aqua Fit
10.30am - 11.00am Gym Team	Gym HIIT**
11.15am - 12.15pm Tracey	Pilates
12.15pm - 1.15pm Donna	Tai Chi
12.20pm - 12.50pm Tracey	Brio Cycle(Beginners)*
2.00pm - 3.00pm	Relaxed Gym Hours 
3.00pm - 3.45pm Tracey	Aqua Fit
5.30pm - 6.00pm Gym Team	Gym HIIT**
5.30pm - 6.15pm Lorna	Brio Cycle*
6.00pm - 6.45pm Dale	Brio Kettlebell
6.00pm - 7.00pm Mica	BODYPUMP®*
6.30pm - 7.15pm Lorna	Brio Cycle*
7.00pm - 7.45pm Dale	Brio Circuits
7.10pm - 7.55pm Mica	BODYCOMBAT®*
8.00pm - 8.45pm Dawn	Clubbercise


THURSDAY	
9.00am - 9.45am Lorraine	Aqua Fit
9.15am - 10.15am Tracey	Brio Box 
10.00am - 10.45am Lorraine	FitSteps
10.15am - 11.00am Tracey	Brio Burn
11.00am - 11.45am Yvonne	Zumba Gold
12.00pm - 1.30pm Callie	Yoga
5.30pm - 6.00pm Emma	Brio Core
5.45pm - 6.30pm Dale	Brio Circuits 
6.00pm - 6.30pm Jamie	Metafit®
6.00pm - 6.45pm Mark	Brio Cycle*
6.00pm - 7.00pm Izzy	Masters Swim
6.00pm - 7.00pm Emma	BODYCOMBAT®*
7.00pm - 7.45pm Donna	Pure Stretch
7.00pm - 7.45pm Lorraine	Zumba
7.00pm - 7.45pm Mark	Brio Cycle*
7.15pm - 8.00pm Emma	BODYPUMP®*
8.00pm - 8.45pm Dawn/Claire	BODYJAM®* 

FRIDAY	
9.15am - 9.45am Tracey	Brio Core
9.45am - 10.45am Katrin	BODYPUMP®*
10.00am - 10.45am Tracey	Aqua Fit
10.00am - 10.45am Lorraine	Zumba
11.00am - 12.00pm Tracey	Pilates
12.15pm - 1.15pm Lucy	Hatha Yoga
5.15pm - 5.45pm Alison	Brio Cycle*
5.30pm - 6.00pm Gym Team	Gym HIIT**
5.30pm - 6.15pm Mica	BODYPUMP®*
6.00pm - 6.45pm Alison	Brio Cycle*
6.30pm - 7.15pm Mica	BODYCOMBAT®*

SATURDAY	
9.00am - 9.45am Lorna	Brio Cycle*
9.00am - 10.00am Donna	Tai Chi
9.15am - 10.00am Emma	BODYPUMP®*
10.00am - 11.00am Donna	Pure Stretch
10.15am - 11.00am Emma	BODYCOMBAT®*
11.00am - 11.30am Gym Team	Gym HIIT**
11.00am - 11.45am Dawn	Clubbercise®
12.00pm - 12.45pm Dawn/Claire	BODYJAM®* 

SUNDAY	
9.30am - 10.15am Tomoko	Brio Cycle*
9.30am - 10.15am Sue	Zumba
10.15am - 10.45am Gym Team	Gym HIIT(60+)**
10.30am - 11.30am Sue	Pilates
10.30am - 11.30am Tomoko	BODYPUMP®*

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