



Frodsham Leisure Centre Fitness Class Timetable January - April 2020

MONDAY		
6.00pm - 6.45pm Sara D	Brio Circuits	Cardio
6.00pm - 6.45pm Matthew	Brio Cycle*	Cardio
6.00pm - 7.00pm Karen S	Brio Dance	Cardio
6.45pm - 7.30pm Matthew	Brio Cycle*	Cardio
7.00pm - 8.00pm Karen S	Pilates	Mind & Body
7.00pm - 8.00pm Sara D	Brio Box	Strength / Conditioning

TUESDAY		
10.00am - 11.00am Karen S	Pilates	Mind & Body
11.00am - 12.00pm Karen S	Brio Dance	Cardio
6.00pm - 6.45pm Sara D	Brio Cycle*	Cardio
6.00pm - 7.00pm Luke	Brio Kettlebell	Strength / Conditioning
7.00pm - 7.45pm Sara D	Brio HIIT	Cardio

WEDNESDAY		
6.00pm - 6.45pm Gill	Brio Cycle*	Cardio
6.00pm - 7.30pm Lynn M	Hatha Yoga	Mind & Body
6.45pm - 7.30pm Gill	Brio Cycle*	Cardio
7.15pm - 8.00pm Chris	Brio Circuits	Cardio

THURSDAY		
6.00pm - 6.45pm Luke	Brio Cycle*	Cardio
6.10pm - 7.00pm Mark	Brio Kettlebell	Strength / Conditioning
6.15pm - 7.00pm Ginette	Clubbercise	Cardio
7.10pm - 8.00pm Mark	Brio Kettlebell	Strength / Conditioning

FRIDAY		
10.00am - 10.50am Mark	Brio Stretch	Strength / Conditioning
10.55am - 11.40am Mark	Brio Kettlebell	Strength / Conditioning
2.00pm - 3.00pm	Relaxed Gym Hours	Cardio

SATURDAY		
8.30am - 9.15am Gill	Brio Cycle*	Cardio
9.30am - 10.30am Sara D	Brio Kettlebell	Strength / Conditioning
10.30am - 12.00pm Carmen	Yoga	Mind & Body



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

QUICK KEY

Cardio

Mind & Body

Strength / Conditioning

Water Workout

**FROM
£4.50[~]
FREE
TO PREMIER MEMBERS**

* These are premium rate sessions
~ Price correct as of printing, based on a 30 minute class in conjunction with a Leisure Card.