

# Neston Recreation Centre Fitness Class Timetable January - April 2020

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
6.45am - 7.30am Virtual	Virtual Cycle		6.45am - 7.30am Virtual	Virtual Cycle		6.45am - 7.30am Virtual	Virtual Cycle		6.45am - 7.30am Virtual	Virtual Cycle	
9.15am - 10.00am Carla	Brio Core		9.15am - 10.00am Robb	BODYCOMBAT®*		9.10am - 9.55am Carla	Fitness Pilates		9.15am - 10.00am Carla	Vibe Power	
9.30am - 10.15am Virtual	Virtual Cycle		9.15am - 10.00am Carla	Vibe Cycle		9.30am - 10.15am Virtual	Virtual Cycle		9.30am - 10.15am Estanis	Brio Cycle*	
10.00am - 11.00am Heather	Pilates		10.10am - 10.55am Robb	BODYPUMP®*		10.00am - 10.45am Mark	Brio Kettlebell		10.00am - 10.45am Carla	Fitness Pilates	
10.15am - 11.00am Carla	Aqua Fit		10.30am - 11.00am Gym Team	Gym HIIT**		10.30am - 11.00am Gym Team	Gym HIIT**		10.30am - 11.00am Gym Team	Gym HIIT**	
10.30am - 11.00am Gym Team	Gym HIIT**		11.00am - 12.30pm Lynn	Yoga		10.45am - 11.30am Mark	Brio Core		10.50am - 11.35am Carla	Aqua Fit	
12.00pm - 1.00pm	Relaxed Gym Hours	☁	12.15pm - 12.45pm Virtual	Virtual Cycle		12.00pm - 1.00pm	Relaxed Gym Hours	☁	11.00am - 12.00pm Lynn	Yoga	
12.15pm - 12.45pm Virtual	Virtual Cycle		1.30pm - 2.00pm Gym Team	Gym HIIT (50+)**		12.15pm - 12.45pm Virtual	Virtual Cycle		12.15pm - 12.45pm Virtual	Virtual Cycle	
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**		3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**		3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**		3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**	
5.15pm - 6.00pm Donna	Fitness Pilates		5.15pm - 5.45pm Suzie	Brio Cycle*		5.15pm - 6.00pm Suzie	Metafit & Core®		5.15pm - 5.45pm Virtual	Virtual Cycle	
5.15pm - 6.00pm Jess	Brio Cycle*		5.45pm - 6.45pm Heather	Pilates	HS	6.00pm - 6.30pm Gym Team	Gym HIIT**		5.15pm - 6.00pm Suzie	Metafit & Core®	
6.00pm - 6.30pm Gym Team	Gym HIIT**		6.00pm - 6.30pm Gym Team	Gym HIIT**		6.00pm - 7.00pm Alison	Hatha Yoga	HS	5.15pm - 6.15pm Heather	Pilates	
6.00pm - 6.45pm Donna	Brio Burn		6.00pm - 6.45pm Suzie	Metafit & Core®		6.15pm - 7.00pm Suzie	BODYPUMP®*		6.00pm - 6.30pm Gym Team	Gym HIIT**	
6.00pm - 6.45pm Jess	Brio Cycle*		6.00pm - 7.00pm Matt	BODYCOMBAT®*		6.30pm - 7.15pm Carla	Vibe Cycle		6.15pm - 7.00pm Suzie	BODYPUMP®*	
6.30pm - 7.00pm Dave	Brio Core		6.45pm - 7.45pm Sarah	FitSteps	HS	7.00pm - 7.45pm Grace	Zumba	HS	7.15pm - 8.00pm Suzie	Brio Cycle*	
7.00pm - 7.45pm Grace	Zumba		7.00pm - 7.45pm Suzie	Brio Cycle*		7.05pm - 7.55pm Heather	Brio Burn		7.15pm - 8.15pm Sarah	FitSteps	
7.00pm - 8.00pm Jess	Brio Kettlebell		7.00pm - 8.00pm Heather	Brio Ball		8.00pm - 9.00pm Heather	Pilates		8.15pm - 9.00pm Virtual	Virtual Cycle	
7.00pm - 8.00pm Dave	Brio HIIT		7.30pm - 8.15pm Matt	Aqua Fit		8.05pm - 8.50pm Claire	Clubbercise®				
8.00pm - 8.45pm Virtual	Virtual Cycle*		8.00pm - 8.45pm Virtual	Virtual Cycle		8.30pm - 9.15pm Virtual	Virtual Cycle				

FRIDAY			SATURDAY			SUNDAY			QUICK KEY		
6.45am - 7.30am Virtual	Virtual Cycle		9.00am - 9.45am Carla	Vibe Cycle		9.00am - 9.45am Dave	Brio Cycle*		Cardio		
9.15am - 10.15am Holly	BODYPUMP®*		9.00am - 9.45am Estanis	Brio Bootcamp		9.30am - 10.15am Matt	BODYPUMP®*		Mind & Body		
9.30am - 10.15am Virtual	Virtual Cycle		9.00am - 9.55am Claire	Clubbercise		10.00am - 10.45am Virtual	Virtual Cycle		Strength / Conditioning		
10.00am - 10.30am Gym Team	Gym HIIT**		10.00am - 10.45am Virtual	Virtual Cycle		10.00am - 11.00am Dave	Brio Circuits		Water Workout		
10.15am - 11.00am Holly	Metafit & Core®		10.00am - 11.00am Heather	Brio Ball		10.30am - 11.30am Matt	Pilates				
11.15am - 12.15pm Heather	Pilates		10.15am - 10.45am Gym Team	Gym HIIT**		6.00pm - 7.00pm Alison	Hatha Yoga				
12.15pm - 12.45pm Virtual	Virtual Cycle		11.00am - 12.00pm Heather	Pilates					HS High School		
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®*										
7.05pm - 7.50pm Matt	BODYPUMP®*										

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

**FROM  
£4.30<sup>~</sup>  
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.