

Ellesmere Port Sports Village Fitness Class Timetable January - April 2020

MONDAY	
6.45am - 7.30am Vicky	Brio Cycle*
9.30am - 10.00am Ruby	HIITStep
9.30am - 10.15am Lisa	Post-natal Cycle
10.15am - 11.00am Sasha	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
11.00am - 12.00pm Dora	Pilates
11.15am - 12.00pm Sasha	Brio Cycle*
11.15am - 12.00pm Helen	Zumba Toning
12.00pm - 1.00pm Lisa	Brio Move
1.15pm - 1.45pm Dave	Gym HIIT**
1.15pm - 2.00pm Lisa	Brio Move Circuits
5.15pm - 5.45pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.15pm Dan	Metafit & Core®
6.00pm - 6.45pm Emma	Brio LBT
6.00pm - 7.00pm Mel	BODYPUMP®*
6.05pm - 6.55pm Julie	Aqua Jog
6.15pm - 7.15pm Becky	Brio Cycle*
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Dan	Brio Kettlebell
7.15pm - 7.45pm Emma	HIITStep®
7.15pm - 8.15pm Becky	Brio Cycle*
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.30pm - 8.30pm Faye	Pilates

TUESDAY	
7.00am - 7.45am Jan	Brio Cycle*
9.30am - 10.15am Ruby	Clubbercise®
9.30am - 10.30am Jess	Brio Cycle*
10.00am - 11.00am Mel	BODYCOMBAT®*
10.15am - 11.15am Urska	Yoga
10.30am - 11.00am Gym Team	Gym HIIT**
11.15am - 12.00pm Mel	BODYPUMP®*
11.15am - 12.15pm Urska	Pilates
1.00pm - 2.00pm	Relaxed Gym Hours
5.15pm - 5.45pm Robb	Metafit®
5.15pm - 6.00pm Jan	Brio Cycle*
5.30pm - 6.00pm Dora	Brio Core
6.00pm - 6.45pm Dan	Brio Circuits
6.00pm - 7.00pm Bev	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Jan	Brio Cycle*
6.30pm - 7.30pm Julie	Aqua Fit
7.00pm - 7.45pm Jan	Brio Cycle*
7.05pm - 8.00pm Dan	Brio Kettlebell
7.15pm - 8.15pm Faye	Brio Step
7.30pm - 8.00pm Gym Team	Gym HIIT**
7.30pm - 8.00pm Julie	Aqua HIIT

WEDNESDAY	
6.45am - 7.30am Suzie	BODYPUMP®*
9.30am - 10.15am Ruby	BODYPUMP®*
9.30am - 10.25am Dora	Pilates
10.00am - 10.45am Jan	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Dora	Zumba Gold
10.30am - 12.00pm Najia	Tai Chi (Beginners)
10.45am - 11.30am Jan	Brio Cycle*
11.30am - 12.15pm Dan	Brio Move Circuits
5.15pm - 6.00pm Lisa	Brio Cycle*
5.15pm - 6.00pm Robb	BODYATTACK®*
5.30pm - 6.00pm Emma	Metafit®
6.00pm - 6.45pm Ginette/Michelle	Clubbercise®
6.00pm - 7.00pm Emma	The Hour of Power
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Lisa	Brio Cycle*
7.00pm - 8.00pm Mel	BODYCOMBAT®*
7.10pm - 7.55pm Ceri	BODYPUMP®*
8.15pm - 9.15pm Vivienne	Yoga


THURSDAY	
6.45am - 7.15am Brad	Gym HIIT**
9.30am - 10.25am Sasha	Pilates
9.30am - 10.30am Ceri	BODYPUMP®*
10.00am - 10.45am Ruby	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT
10.30am - 11.15am Mel	BODYCOMBAT®*
10.30am - 11.15am Ginette	Clubbercise®
11.00am - 12.00pm Sarah	Aqua Fit
11.30am - 12.15pm Julie G	PiYo
1.00pm - 1.45pm Lisa	Brio Move Circuits
1.00pm - 2.00pm	Relaxed Gym Hours
5.15pm - 6.00pm Sarah	BODYATTACK®*
5.15pm - 6.00pm Helen	Zumba Toning
5.15pm - 6.00pm Becky	Brio Cycle*
6.00pm - 7.00pm Emma	Brio Burn
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.15pm - 7.00pm Mel	BODYPUMP®*
6.30pm - 7.30pm Becky	Brio Cycle*
7.00pm - 7.45pm Sarah	Aqua Fit
7.00pm - 8.00pm Emma	Brio LBT
7.15pm - 8.00pm Robb	BODYCOMBAT®*
8.00pm - 9.00pm Traci	Brio Tri Training

SUNDAY	
8.15am - 9.00am Ruby	Brio Cycle*
9.15am - 10.00am Ruby	Brio Cycle*
9.30am - 10.15am Mel	BODYCOMBAT®*
10.10am - 10.55am Ruby	Clubbercise®
10.15am - 11.00am Colin	Brio Cycle*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.30am Mel	BODYPUMP®*
4.00pm - 5.00pm Sarah	Aqua Fit
5.00pm - 6.00pm Robb	BODYCOMBAT®*

FRIDAY	
6.45am - 7.30am Vicky	BODYPUMP®*
9.15am - 10.00am Helen	Aqua Zumba
9.30am - 10.00am Robb	HIITStep
9.30am - 10.30am Sarah	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Robb	BODYCOMBAT®*
10.30am - 11.30am Jan	Brio Cycle*
10.45am - 11.45am Urska	Yoga
12.00pm - 1.00pm Urska	Brio Move
1.15pm - 2.15pm Urska	Pilates
5.15pm - 6.00pm Helen	Zumba
6.00pm - 7.00pm Mel	BODYPUMP®*
6.00pm - 7.00pm Sasha	Yogalates
6.15pm - 6.45pm Gym Team	Gym HIIT**
6.30pm - 7.30pm Jan	Brio Cycle
7.15pm - 8.15pm Mel	BODYCOMBAT®*

SATURDAY	
8.30am - 9.15am Lisa	Brio Cycle*
9.00am - 9.30am Robb	Metafit®
9.30am - 10.15am Robb	BODYATTACK®*
9.30am - 10.30am Vicky	BODYPUMP®*
10.30am - 11.00am Gym Team	Gym HIIT**
10.30am - 11.15am Robb	BODYCOMBAT®*
11.30am - 1.00pm Najia	Tai Chi (Advanced)

QUICK KEY	
Cardio	
Mind & Body	
Strength / Conditioning	
Water Workout	

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



* 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.