

# Ellesmere Port Sports Village Fitness Class Timetable

MONDAY	
6.45am - 7.30am Vicky	<b>Brio Cycle</b>
9.15am - 10.00am Michelle	<b>Clubbercise</b>
10.15am - 11.00am Mel	<b>BODYCOMBAT®*</b>
10.15am - 11.00am Sasha	<b>BODYPUMP®*</b>
11.15am - 12.00pm Sasha	<b>Brio Cycle</b>
11.15am - 12.00pm Dora	<b>Pilates</b>
5.15pm - 6.00pm Dan	<b>Metafit &amp; Core</b>
5.15pm - 6.00pm Becky	<b>Brio Cycle</b>
6.00pm - 6.45pm Mel	<b>BODYPUMP®*</b>
6.15pm - 7.00pm Emma	<b>Brio Legs, Bums &amp; Tums</b>
6.15pm - 7.00pm Becky	<b>Brio Cycle</b>
7.15pm - 7.45pm Emma	<b>HIITSTEP®</b>
7.15pm - 8.00pm Faye	<b>Pilates</b>
7.15pm - 8.00pm Julie	<b>Aqua Fit</b>

TUESDAY	
7.00am - 7.45am Jan	<b>Brio Cycle</b>
9.00am - 9.45am Jan	<b>Brio Cycle</b>
9.30am - 10.15am Mel	<b>BODYPUMP®*</b>
10.00am - 10.45pm Becky	<b>Brio Cycle</b>
11.15am - 12.00pm Urška	<b>Yoga</b>
12.15pm - 1.00pm Urška	<b>Pilates</b>
5.15pm - 5.45pm Robb	<b>HIITSTEP®</b>
5.30pm - 6.15pm Dan	<b>Kettlebells</b>
6.00pm - 6.45pm Jan	<b>Brio Cycle</b>
6.15pm - 7.00pm Bev	<b>BODYPUMP®*</b>
6.30pm - 7.15pm Dan	<b>Metafit &amp; Core</b>
7.00pm - 7.45pm Jan	<b>Brio Cycle</b>
7.30pm - 8.15pm Faye	<b>Brio Step</b>

WEDNESDAY	
6.45am - 7.30am Suzie	<b>BODYPUMP®*</b>
9.30am - 10.15am Sarah	<b>BODYPUMP®*</b>
9.30am - 10.15am Dora	<b>Pilates</b>
10.00am - 10.45am Jan	<b>Brio Cycle</b>
10.30am - 11.15am Dora	<b>Zumba Gold</b>
11.00pm - 11.45pm Jan	<b>Brio Cycle</b>
5.15pm - 6.00pm Lisa	<b>Brio Cycle</b>
5.15pm - 6.00pm Robb	<b>BODYATTACK®*</b>
5.30pm - 6.00pm Emma	<b>HIITSTEP®</b>
6.15pm - 7.00pm Emma	<b>HOP Blast</b>
6.15pm - 7.00pm Lisa	<b>Brio Cycle</b>
7.00pm - 7.45pm Ceri	<b>BODYPUMP®*</b>
7.15pm - 8.00pm Mel	<b>BODYCOMBAT®*</b>
7.15pm - 7.45pm Victoria	<b>FloatFit HIIT®</b>
7.45pm - 8.15pm Victoria	<b>FloatFit Balance®</b>

THURSDAY	
9.30am - 10.15am Sasha	<b>Pilates</b>
9.30am - 10.15am Ceri	<b>BODYPUMP®**</b>
9.45am - 10.30am Becky	<b>Brio Cycle</b>
10.30am - 11.15am Mel	<b>BODYCOMBAT®*</b>
11.35am - 12.20pm Sarah	<b>Aqua Fit</b>
5.15pm - 6.00pm Sarah	<b>BODYATTACK®*</b>
5.15pm - 6.00pm Becky	<b>Brio Cycle</b>
6.00pm - 6.45pm Mel	<b>BODYPUMP®**</b>
6.15pm - 7.00pm Emma	<b>Brio Burn</b>
6.15pm - 7.00pm Becky	<b>Brio Cycle</b>
7.15pm - 8.00pm Sarah	<b>Aqua Fit</b>
7.15pm - 8.00pm Robb	<b>BODYCOMBAT®*</b>

FRIDAY	
6.45am - 7.30am Vicky	<b>BODYPUMP®*</b>
9.15am - 10.00am Lisa	<b>Aqua Zumba</b>
9.15am - 10.00am Sarah	<b>BODYCOMBAT®*</b>
10.00am - 10.45am Jan	<b>Brio Cycle</b>
10.15am - 11.00am Sarah	<b>BODYPUMP®*</b>
11.00am - 11.45am Urška	<b>Yoga</b>
12.00pm - 12.45pm Urška	<b>Pilates</b>
5.15pm - 6.00pm Grace	<b>Zumba</b>
6.00pm - 6.45pm Mel	<b>BODYCOMBAT®*</b>
6.00pm - 6.45pm Sasha	<b>Yogalates</b>
7.00pm - 7.45pm Mel	<b>BODYPUMP®*</b>

SATURDAY	
9.00am - 9.30am Robb	<b>Metafit</b>
9.00am - 9.45am Lisa	<b>Brio Cycle</b>
9.30am - 10.15am Vicky	<b>BODYPUMP®*</b>
9.45am - 10.30am Robb	<b>BODYATTACK®*</b>
10.00am - 10.45am Luke	<b>Brio Cycle</b>
10.45am - 11.30am Robb	<b>BODYCOMBAT®*</b>

SUNDAY	
9.00am - 9.45am Dan	<b>Metafit &amp; Core</b>
9.00am - 9.45am Luke	<b>Brio Cycle</b>
10.00am - 10.45am Luke	<b>Brio Cycle</b>
10.15am - 11.00am Mel	<b>BODYCOMBAT®*</b>
11.15am - 12.00pm Mel	<b>BODYPUMP®*</b>
3.10pm - 3.55pm Sarah	<b>Aqua Fit</b>

**FROM  
£4.30  
FREE  
TO PREMIER MEMBERS**

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**brioleisure.org**

\* These are premium rate sessions