

# Fitness Class Timetable

## Ellesmere Port Sports Village

Accurate as of 02/06/2026

### Times for Monday 8 April



Time	Session	Facility	Instructor	Type
06:45 - 07:30	Brio Circuits	Studio 3	Vicky	Cardio
09:30 - 10:15	BODYPUMP	Studio 3	Sasha	Strength/Conditioning
10:30 - 11:15	Brio Cycle	Spin Studio	Sasha	Cardio
11:00 - 11:45	Brio Tone	Studio 3	Lisa	Complete Body Workout
11:00 - 11:55	Pilates	Studio 1	Dora	Mind & Body
12:00 - 12:45	Brio Move	Studio 1	Lisa	Cardio
13:00 - 13:45	Brio Move Circuit	Studio 1	Lisa	Cardio
17:15 - 18:00	Brio Cycle	Spin Studio	Becky	Cardio
17:15 - 18:00	BODYATTACK	Studio 3	Sarah	Complete Body Workout
17:30 - 18:15	Metafit & Core	Studio 1	Ceri	Strength/Conditioning
18:00 - 18:45	Brio LBT	Sports Hall	Emma	Strength/Conditioning
18:15 - 19:00	BODYPUMP	Studio 3	Mel	Strength/Conditioning
18:15 - 19:00	Brio Cycle	Spin Studio	Becky	Cardio
18:30 - 19:15	Brio Circuits	Studio 1	Lisa	Cardio
19:15 - 19:45	HIIT Step	Studio 3	Emma	Cardio
19:15 - 20:00	Aqua Fit	Main Pool	Julie	Water Workout
19:30 - 20:15	Pilates	Studio 1	Kat	Mind & Body