

Fitness Class Timetable

Ellesmere Port Sports Village

Accurate as of 02/06/2026

Times for Monday 3 March



| 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 |
| 10:00 - 10:45 | Aqua Fit | Main Pool | Lisa | Water Workout |
| 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 | Jim | 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 | Jim | 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 |