

Fitness Class Timetable

Ellesmere Port Sports Village

Accurate as of 02/06/2026

Times for Tuesday 4 March



Time	Session	Facility	Instructor	Type
07:00 - 07:45	Brio Cycle	Spin Studio	Sasha	Cardio
09:15 - 10:00	Brio Cycle	Spin Studio	Becky	Cardio
09:30 - 10:15	Zumba Tone	Studio 1	Helen	Complete Body Workout
09:30 - 10:30	BODYCOMBAT	Studio 3	Mel	Complete Body Workout
10:30 - 11:30	Yoga	Studio 1	Sasha	Mind & Body
10:45 - 11:30	BODYPUMP	Studio 3	Mel	Strength/Conditioning
11:30 - 12:30	Pilates	Studio 1	Sasha	Mind & Body
12:00 - 12:45	Brio Move Circuit	Studio 3	Victoria	Cardio
12:45 - 13:30	Brio LBT	Studio 3	Helen	Strength/Conditioning
17:15 - 17:45	HIIT Step	Studio 3	Robb	Cardio
17:15 - 18:00	Brio Cycle	Spin Studio	Michelle	Cardio
18:00 - 18:45	BODYPUMP	Studio 3	Robb	Strength/Conditioning
18:00 - 18:55	Yogalates	Studio 1	Sasha	Mind & Body
18:15 - 19:00	Brio Cycle	Spin Studio	Michelle	Cardio
19:00 - 19:45	Pure Stretch	Studio 3	Robb	Mind & Body
19:05 - 19:50	Brio Kettlebell	Studio 1	Emma	Strength/Conditioning
19:15 - 20:00	Aqua Fit	Main Pool	Julie	Water Workout