

Fitness Class Timetable

Ellesmere Port Sports Village

Accurate as of 02/06/2026

Times for Wednesday 5 March



| Time | Session | Facility | Instructor | Type |
|---------------|-------------------|-------------|------------|-----------------------|
| 06:45 - 07:30 | BODYPUMP | Studio 3 | Sasha | Strength/Conditioning |
| 09:00 - 09:45 | Pilates | Studio 1 | Dora | Mind & Body |
| 09:30 - 10:15 | BODYPUMP | Studio 3 | Sarah | Strength/Conditioning |
| 09:30 - 10:15 | Brio Cycle | Spin Studio | Becky | Cardio |
| 09:45 - 10:30 | Brio Dance | Studio 1 | Dora | Cardio |
| 10:00 - 10:30 | Gym HIIT | Gym | Gym Team | Strength/Conditioning |
| 10:30 - 11:15 | Brio Box | Studio 3 | Victoria | Cardio |
| 10:30 - 11:15 | Yogalates | Studio 3 | Ceri | Mind & Body |
| 10:45 - 11:30 | Brio Move Circuit | Studio 1 | Dora | Cardio |
| 17:15 - 18:00 | BODYATTACK | Studio 1 | Robb | Complete Body Workout |
| 17:30 - 18:00 | HIIT Step | Studio 3 | Emma | Cardio |
| 18:00 - 18:45 | Brio Cycle | Spin Studio | Mel | Cardio |
| 18:10 - 18:55 | Clubbercise | Studio 1 | Michelle | Complete Body Workout |
| 18:15 - 18:45 | Gym HIIT | Gym | Gym Team | Strength/Conditioning |
| 19:00 - 19:45 | BODYCOMBAT | Studio 1 | Mel | Complete Body Workout |
| 19:15 - 20:00 | BODYPUMP | Studio 3 | Robb | Strength/Conditioning |