

Fitness Class Timetable

Ellesmere Port Sports Village

Accurate as of 02/06/2026

Times for Friday 7 March



Time	Session	Facility	Instructor	Type
06:45 - 07:30	BODYPUMP	Studio 3	Vicky	Strength/Conditioning
09:15 - 10:00	BODYCOMBAT	Studio 3	Sarah	Complete Body Workout
09:20 - 10:05	Aqua Zumba	Main Pool	Helen	Water Workout
09:30 - 10:15	Yoga	Studio 1	Matt	Mind & Body
10:00 - 10:30	Gym HIIT	Gym	Gym Team	Strength/Conditioning
10:00 - 10:45	Brio Cycle	Spin Studio	Michelle	Cardio
10:15 - 11:00	BODYPUMP	Studio 3	Sarah	Strength/Conditioning
10:30 - 11:15	Pilates	Studio 1	Matt	Mind & Body
11:30 - 12:15	Brio Move	Studio 1	Matt	Cardio
17:15 - 18:00	Zumba Tone	Studio 1	Helen	Complete Body Workout
17:15 - 18:00	BODYCOMBAT	Studio 3	Mel	Complete Body Workout
17:30 - 18:15	Brio Cycle	Spin Studio	Michelle	Cardio
18:15 - 19:00	BODYPUMP	Studio 3	Mel	Strength/Conditioning
18:15 - 19:00	Pilates	Studio 1	Kat	Mind & Body
19:05 - 19:50	Yoga	Studio 1	Kat	Mind & Body