

Fitness Class Timetable

Ellesmere Port Sports Village

Accurate as of 23/04/2026

Times for Monday 17 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 - 17:45	Brio Kettlebell	Studio 1	Emma	Strength/Conditioning
17:15 - 18:00	Brio Cycle	Spin Studio	Becky	Cardio
17:15 - 18:00	BODYATTACK	Studio 3	Dale	Complete Body Workout
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
18:15 - 19:00	HIIT Circuit	Studio 1	Dale	Complete Body Workout
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