

# Fitness Class Timetable

## Ellesmere Port Sports Village

Accurate as of 23/04/2026

### Times for Wednesday 19 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	Jan	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