

# Fitness Class Timetable

## Ellesmere Port Sports Village

Accurate as of 23/04/2026

### Times for Thursday 20 March



Time	Session	Facility	Instructor	Type
06:45 - 07:30	Brio Cycle	Spin Studio	Luke	Cardio
09:30 - 10:15	Pilates	Studio 1	Sasha	Mind & Body
09:30 - 10:30	BODYPUMP	Studio 3	Mel	Strength/Conditioning
10:00 - 10:45	Brio Cycle	Spin Studio	Becky	Cardio
10:30 - 11:15	Brio Tone	Studio 1	Lisa	Complete Body Workout
10:45 - 11:30	BODYCOMBAT	Studio 3	Mel	Complete Body Workout
11:35 - 12:25	Aqua Fit	Main Pool	Lisa	Water Workout
17:15 - 18:00	BODYATTACK	Studio 1	Sarah	Complete Body Workout
17:15 - 18:00	Zumba	Studio 3	Helen	Complete Body Workout
17:15 - 18:00	Brio Cycle	Spin Studio	Becky	Cardio
18:15 - 19:00	BODYPUMP	Studio 3	Sarah	Strength/Conditioning
18:15 - 19:00	Brio Burn	Studio 1	Emma	Cardio
18:15 - 19:00	Brio Cycle	Spin Studio	Becky	Cardio
19:05 - 19:50	Aqua Fit	Main Pool	Sarah	Water Workout
19:15 - 19:45	HIIT Circuit	Studio 3	Emma	Complete Body Workout
19:15 - 20:00	BODYCOMBAT	Studio 1	Robb	Complete Body Workout