

# Fitness Class Timetable

## Ellesmere Port Sports Village

Accurate as of 23/04/2026

### Times for Saturday 22 March



Time	Session	Facility	Instructor	Type
09:00 - 09:30	HIIT Circuit	Studio 1	Robb	Complete Body Workout
09:00 - 09:45	Brio Cycle	Spin Studio	Lisa	Cardio
09:30 - 10:30	BODYPUMP	Studio 3	Vicky	Strength/Conditioning
09:45 - 10:30	BODYATTACK	Studio 1	Robb	Complete Body Workout
10:15 - 10:45	Gym HIIT	Gym	Gym Team	Strength/Conditioning
10:45 - 11:30	BODYCOMBAT	Studio 1	Robb	Complete Body Workout