

Fitness Class Timetable

Ellesmere Port Sports Village

Accurate as of 23/04/2026

Times for Sunday 23 March



Time	Session	Facility	Instructor	Type
09:00 - 09:45	Brio Cycle	Spin Studio	Luke	Cardio
09:00 - 09:45	BODYCOMBAT	Studio 3	Mel	Complete Body Workout
10:00 - 10:45	BODYPUMP	Studio 3	Mel	Strength/Conditioning
15:10 - 15:55	Aqua Fit	Main Pool	Sarah	Water Workout
16:00 - 16:45	BODYCOMBAT	Studio 3	Sarah	Complete Body Workout