

Fitness Class Timetable

Northgate Arena

Accurate as of 20/05/2026

Times for Monday 22 July



Time	Session	Facility	Instructor	Type
09:15 - 10:00	Brio Cycle	Studio	Becky	Cardio
09:15 - 10:00	BODYPUMP	Sports Hall	Ceri	Strength/Conditioning
10:15 - 11:00	Brio Burn	Sports Hall	Ali	Cardio
10:30 - 11:00	Gym HIIT	Gym	Gym Team	Strength/Conditioning
11:00 - 11:45	Zumba Tone	Studio	Helen	Complete Body Workout
11:10 - 11:55	Pilates	Sports Hall	Jo B	Mind & Body
12:00 - 13:00	Yoga	Studio	Carol	Mind & Body
16:30 - 17:00	Brio Core	Sports Hall	Grace	Strength/Conditioning
17:15 - 18:00	Brio Dance	Sports Hall	Grace	Cardio
17:30 - 18:15	Brio Cycle	Studio	Ali	Cardio
18:00 - 18:45	Pilates	Studio	Grace	Mind & Body
18:15 - 19:00	BODYCOMBAT	Sports Hall	Robb	Complete Body Workout
18:30 - 19:15	Brio Cycle	Studio	Ali	Cardio
19:10 - 19:55	BODYPUMP	Sports Hall	Robb	Strength/Conditioning