

Fitness Class Timetable

Northgate Arena

Accurate as of 20/05/2026

Times for Tuesday 23 July



Time	Session	Facility	Instructor	Type
06:45 - 07:30	BODYPUMP	Sports Hall	Jill	Strength/Conditioning
09:15 - 10:00	Brio Dance	Sports Hall	CJ	Cardio
09:30 - 10:15	Brio Cycle	Studio	Ali	Cardio
10:15 - 11:00	Brio Burn	Sports Hall	CJ	Cardio
11:15 - 12:00	Pilates	Sports Hall	Jo B	Mind & Body
14:15 - 15:00	Pilates	Studio	Joy	Mind & Body
15:00 - 15:45	Brio Move	Studio	CJ	Cardio
17:00 - 17:45	Pilates	Studio	Donna F	Mind & Body
18:00 - 18:45	Brio Burn	Sports Hall	Donna F	Cardio
18:00 - 18:45	Brio Cycle	Studio	Jill	Cardio
19:00 - 19:45	Zumba	Sports Hall	Gemma	Complete Body Workout
19:00 - 19:45	PiYo	Studio	Donna F	Cardio