

# Fitness Class Timetable

## Northgate Arena

Accurate as of 20/05/2026

### Times for Wednesday 24 July



Time	Session	Facility	Instructor	Type
09:15 - 10:00	BODYPUMP	Sports Hall	Mel	Strength/Conditioning
09:30 - 10:15	Brio Cycle	Studio	Ali	Cardio
10:15 - 11:00	BODYCOMBAT	Sports Hall	Mel	Complete Body Workout
10:30 - 11:00	Gym HIIT	Gym	Gym Team	Strength/Conditioning
11:15 - 12:00	Brio Burn	Sports Hall	CJ	Cardio
12:15 - 13:00	Brio Stretch	Sports Hall	CJ	Mind & Body
17:15 - 18:00	Pilates	Studio	Donna F	Mind & Body
17:30 - 18:15	Brio Cycle	Studio	Jan	Cardio
18:15 - 19:00	Brio Dance	Sports Hall	CJ	Cardio
18:30 - 19:15	Brio Cycle	Studio	Jan	Cardio
19:30 - 20:15	Hoola Hoop	Sports Hall	Lucy	Complete Body Workout