

Fitness Class Timetable

Northgate Arena

Accurate as of 20/05/2026

Times for Thursday 25 July



Time	Session	Facility	Instructor	Type
09:15 - 10:15	Brio Cycle	Studio	Magda	Cardio
09:30 - 10:00	HIIT Step	Sports Hall	Robb	Cardio
10:15 - 11:00	Brio Burn	Sports Hall	Donna F	Cardio
10:15 - 11:15	Yoga	Studio	Carol	Mind & Body
11:15 - 12:00	Pilates	Sports Hall	Donna F	Mind & Body
12:10 - 12:55	Pure Stretch	Sports Hall	Matt	Mind & Body
17:00 - 17:45	Brio Core	Sports Hall	CJ	Strength/Conditioning
18:00 - 18:45	BODYPUMP	Sports Hall	Ceri	Strength/Conditioning
18:00 - 18:45	Brio Cycle	Studio	CJ	Cardio
19:00 - 19:45	BODYCOMBAT	Sports Hall	Ceri	Complete Body Workout
19:00 - 19:45	Yoga	Studio	Jane B	Mind & Body