

Fitness Class Timetable

Northgate Arena

Accurate as of 20/05/2026

Times for Friday 26 July



Time	Session	Facility	Instructor	Type
06:45 - 07:30	BODYPUMP	Sports Hall	Ceri	Strength/Conditioning
09:15 - 10:00	BODYCOMBAT	Sports Hall	Ceri	Complete Body Workout
09:30 - 10:15	Brio Cycle	Studio	Becky	Cardio
10:05 - 10:50	Brio Dance	Sports Hall	Grace	Cardio
10:30 - 11:00	Gym HIIT	Gym	Gym Team	Strength/Conditioning
12:00 - 12:45	Pilates	Sports Hall	Donna F	Mind & Body
13:00 - 13:45	Pilates	Studio	Donna F	Mind & Body
14:00 - 14:45	Brio Move	Sports Hall	Daniela	Cardio
16:30 - 17:15	Brio Circuits	Sports Hall	Jo B	Cardio
17:00 - 17:45	Brio Cycle	Studio	Beata	Cardio
17:30 - 18:15	Zumba	Sports Hall	Gemma	Complete Body Workout
18:00 - 18:45	Brio Cycle	Studio	Ali	Cardio