

Fitness Class Timetable

Northgate Arena

Accurate as of 20/05/2026

Times for Saturday 27 July



Time	Session	Facility	Instructor	Type
08:45 - 09:15	Brio Cycle	Studio	Ali	Cardio
09:15 - 10:00	Brio Dance	Sports Hall	CJ	Cardio
09:30 - 10:15	Brio Cycle	Studio	Ali	Cardio
10:15 - 11:00	Brio Stretch	Sports Hall	CJ	Mind & Body
10:30 - 11:00	Gym HIIT	Gym	Gym Team	Strength/Conditioning