

Active Knowsley Gym Timetable

This timetable is accurate as of: 22/11/2017 11:00:48

Kirkby Leisure Centre		
Time	Class	Area
Wednesday 22/11/2017		
07:00	Functional Training	Activity Room
09:15	Spin	Activity Room
10:00	Functional Training	Kirk Gym Sheet
10:15	Low Aerobics	Multi And Comm Room
10:30	Ko8	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	After Burn	Activity Room
18:30	Core	Activity Room
19:00	Yoga	Activity Room

Thursday 23/11/2017		
09:30	Group Fight	Activity Room
10:00	Low Impact Circuit	Multi And Comm Room
10:20	Group Power	Activity Room
11:00	Tai Chi	Multi And Comm Room
17:45	Spin	Activity Room
17:45	Group Fight	Multi And Comm Room
18:35	Group Power	Activity Room
19:00	Aquacise	Main Pool

Friday 24/11/2017		
09:30	After Burn	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	Circuit	Multi And Comm Room

Saturday 25/11/2017		
09:30	Group Fight	Activity Room
10:20	Group Power	Activity Room

Sunday 26/11/2017		
10:00	Ko8	Activity Room
11:15	Spin	Activity Room

Monday 27/11/2017		
09:30	Group Power	Activity Room
10:30	Group Fight	Activity Room
10:30	Low Circuit Training	Multi And Comm Room
11:30	Tai Chi	Multi And Comm Room
12:15	Aquacise	Main Pool
17:30	Legs Bums And Tums	Activity Room
18:00	Aquacise	Main Pool
18:15	Circuit	Multi And Comm Room
19:15	Spin	Activity Room

Tuesday 28/11/2017		
09:15	Step	Activity Room
10:00	Functional Training	Kirk Gym Sheet
10:30	Yoga	Activity Room
17:30	H I I T	Multi And Comm Room
18:00	Group Power	Activity Room
19:00	Group Fight	Activity Room
19:00	G1ow	Sports Hall

Knowsley Leisure & Culture Park

Time	Class	Area
<i>Wednesday 22/11/2017</i>		
07:00	Circuit	Sports Hall
09:15	Spin My Ride	Spin Studio
10:05	Step	Activity Room
10:50	Legs Bums And Tums	Activity Room
11:00	Over 50s	Sports Hall
12:00	Tai Chi	Activity Room
12:00	Aquacise	Main Pool
14:00	Line Dancing	Activity Room
17:30	Pilates	Activity Room
18:15	Group Fight	Activity Room
18:30	Aquacise	Main Pool
19:00	Zumba	Sports Hall
19:00	Spin	Spin Studio

<i>Thursday 23/11/2017</i>		
07:00	Yoga 1 Hour	Activity Room
09:00	Ko8	Sports Hall
09:35	Spin My Ride	Spin Studio
10:00	Low Impact Circuit	Sports Hall
11:45	Swim Lessons	Teaching Pool
12:00	Aquacise	Main Pool
17:30	Group Fight	Activity Room
18:00	Circuit	Sports Hall
18:15	Step	Activity Room
18:20	Spin My Ride	Spin Studio

<i>Friday 24/11/2017</i>		
07:00	H I I T	Activity Room
09:15	Group Fight	Activity Room
10:15	Group Power	Activity Room
10:30	Aquacise	Main Pool
17:30	H I I T	Activity Room
18:05	Spin	Spin Studio

<i>Saturday 25/11/2017</i>		
09:10	Spin	Spin Studio
09:15	Low Impact Circuit	Activity Room
10:00	Bootcamp	Activity Room

11:00	Tai Chi	Activity Room
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Sunday 26/11/2017		
09:15	Yoga 1 Hour	Activity Room
09:30	Spin	Spin Studio
10:30	Spin	Spin Studio

Monday 27/11/2017		
07:00	Ko8	Sports Hall
09:30	Aerobics	Activity Room
10:00	Low Impact Aerobics	Sports Hall
10:15	Legs Bums And Tums	Activity Room
13:00	Over 50s	Sports Hall
17:15	Legs Bums And Tums	Activity Room
18:00	Spin My Ride	Spin Studio
18:00	Aerobics	Activity Room
18:00	H I I T Vs Core	Sports Hall
19:00	Spin	Spin Studio
19:00	Aquacise	Main Pool
19:00	G1ow	Sports Hall

Tuesday 28/11/2017		
07:00	Spin My Ride	Spin Studio
09:30	H I I T	Activity Room
10:00	Pilates	Activity Room
10:00	Low Impact Circuit	Sports Hall
11:00	Low Impact Aerobics	Activity Room
16:00	Junior Circuit Class	Sports Hall
17:15	Step	Activity Room
18:00	Legs Bums And Tums	Activity Room
18:45	Group Power	Activity Room
19:00	Spin My Ride	Spin Studio
20:00	Yoga	Activity Room

Halewood Leisure Centre

Time	Class	Area
<i>Wednesday 22/11/2017</i>		
09:30	Spin	Multi & Boxing Room
10:30	Yoga	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room
18:00	Spin	Multi & Boxing Room
19:00	Legs Bums And Tums	Multi & Boxing Room

<i>Thursday 23/11/2017</i>		
10:00	Step	Multi & Boxing Room
10:45	Legs Bums And Tums	Multi & Boxing Room
11:45	Aquacise	Main Pool
18:20	Spin	Multi & Boxing Room
19:00	Hiit & Circuit	Multi & Boxing Room

<i>Friday 24/11/2017</i>		
09:30	Low Aerobics	Multi & Boxing Room
10:45	Hiit & Circuit	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room

<i>Saturday 25/11/2017</i>		
09:15	Spin	Multi & Boxing Room
11:45	Swim Assessment	Main Pool

<i>Monday 27/11/2017</i>		
09:30	Spin	Multi & Boxing Room
10:20	Core	Multi & Boxing Room
12:00	Mixed Aqua Class	Main Pool
18:00	Swim Assessment	Main Pool
18:00	Group Fight	Multi & Boxing Room
18:45	Group Power	Multi & Boxing Room
19:00	Aquacise	Main Pool

<i>Tuesday 28/11/2017</i>		
09:30	Bootcamp	Multi & Boxing Room
10:30	Core	Multi & Boxing Room
11:30	Tai Chi	Multi & Boxing Room

11:45	Aquacise	Main Pool
18:30	Yoga	Multi & Boxing Room
19:30	Hiit & Circuit	Hale All Weather

Stockbridge Village Leisure Centre

Time	Class	Area
<i>Wednesday 22/11/2017</i>		
09:30	Circuit	Studio Rooms
12:15	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Metafit	Studio Rooms

<i>Thursday 23/11/2017</i>		
09:30	Spin	Studio Rooms
18:00	Boxercise	Studio Rooms
19:00	Aquacise	Main Pool

<i>Friday 24/11/2017</i>		
10:00	Spin And Abs	Studio Rooms

<i>Monday 27/11/2017</i>		
09:30	Step	Studio Rooms
10:30	Low Circuit Training	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aerobics	Studio Rooms

<i>Tuesday 28/11/2017</i>		
09:30	Spin	Studio Rooms
12:15	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Legs Bums And Tums	Studio Rooms
19:00	Aquacise	Main Pool