

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/06/2018 16:33:39

| Knowsley Leisure & Culture Park | | |
|---------------------------------|---------------------------|---------------|
| Time | Class | Area |
| Monday 18/06/2018 | | |
| 07:00 | Ko8 | Sports Hall |
| 09:30 | After Burn | Activity Room |
| 10:00 | Low Impact Aerobics | Sports Hall |
| 10:00 | Core | Activity Room |
| 13:00 | Over 50s | Sports Hall |
| 16:31 | Functional Family Circuit | Sports Hall |
| 17:30 | Vipr Workout | Activity Room |
| 18:05 | Spin | Spin Studio |
| 18:05 | H I I T Vs Core | Sports Hall |
| 18:05 | Group Fight | Activity Room |
| 19:00 | Spin | Spin Studio |
| 19:00 | G1ow | Sports Hall |
| 19:00 | Aquacise | Main Pool |

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|---------------------------|---------------------------|---------------|
| Tuesday 19/06/2018 | | |
| 07:00 | Spin My Ride | Spin Studio |
| 09:30 | H I I T | Activity Room |
| 10:00 | Low Circuit Training | Sports Hall |
| 10:05 | Pilates | Activity Room |
| 11:00 | Low Impact Aerobics | Activity Room |
| 16:31 | Functional Family Circuit | Sports Hall |
| 17:15 | Triple Treat | Activity Room |
| 18:00 | Legs Bums And Tums | Activity Room |
| 18:45 | Group Power | Activity Room |
| 19:00 | Spin | Spin Studio |
| 20:00 | Yoga | Activity Room |

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|-----------------------------|----------------------|---------------|
| Wednesday 20/06/2018 | | |
| 07:00 | Functional Gym Class | Sports Hall |
| 09:15 | Spin | Spin Studio |
| 09:15 | P90x | Activity Room |
| 10:20 | Piy0 | Activity Room |
| 10:55 | Gliding | Activity Room |
| 12:00 | Tai Chi | Activity Room |

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| 12:00 | Aquacise | Main Pool |
| 14:00 | Line Dancing | Activity Room |
| 16:31 | Functional Family Circuit | Activity Room |
| 17:30 | Pilates | Activity Room |
| 17:30 | Spin | Spin Studio |
| 18:20 | Boxfit | Activity Room |
| 18:30 | Aquacise | Main Pool |
| 19:00 | Spin | Spin Studio |
| 19:15 | Barre | Activity Room |

Thursday 21/06/2018

| | | |
|-------|---------------------------|---------------|
| 07:00 | Yoga 1 Hour | Activity Room |
| 09:00 | Ko8 | Sports Hall |
| 09:35 | Spin | Spin Studio |
| 10:00 | Low Circuit Training | Sports Hall |
| 11:45 | Swim Lessons | Teaching Pool |
| 12:00 | Aquacise | Main Pool |
| 16:31 | Functional Family Circuit | Sports Hall |
| 17:30 | Group Fight | Activity Room |
| 18:00 | Circuit | Sports Hall |
| 18:20 | Group Power | Activity Room |
| 18:20 | Spin | Spin Studio |
| 19:05 | Zumba | Activity Room |

Friday 22/06/2018

| | | |
|-------|-------------|---------------|
| 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 |

Saturday 23/06/2018

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|-------|----------------------|---------------|
| 09:10 | Spin | Spin Studio |
| 09:15 | Low Circuit Training | Activity Room |
| 10:00 | Bootcamp | Activity Room |
| 11:00 | Tai Chi | Activity Room |

Sunday 24/06/2018

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|-------|-------------|---------------|
| 09:15 | Yoga 1 Hour | Activity Room |
| 09:30 | Spin | Spin Studio |

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| 10:30 | Circuit | Activity Room |
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Kirkby Leisure Centre

| Time | Class | Area |
|---------------------------------|--------------------|---------------------|
| <i>Monday 18/06/2018</i> | | |
| 09:30 | Group Power | Activity Room |
| 10:30 | Group Fight | Activity Room |
| 10:30 | Low Impact Circuit | Multi And Comm Room |
| 11:30 | Tai Chi | Multi And Comm Room |
| 12:15 | Aquacise | Main Pool |
| 17:30 | V I P R Workout | Multi And Comm Room |
| 17:30 | Legs Bums And Tums | Activity Room |
| 18:10 | Aquacise | Main Pool |
| 18:15 | Circuit | Multi And Comm Room |
| 19:15 | Spin | Activity Room |

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|----------------------------------|--------------|---------------------|
| <i>Tuesday 19/06/2018</i> | | |
| 09:15 | Triple Treat | Activity Room |
| 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 |
| 19:05 | G1ow | Main Pool |

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| <i>Wednesday 20/06/2018</i> | | |
| 07:00 | Functional Training | Activity Room |
| 09:20 | Metafit | Activity Room |
| 10:00 | Core | Activity Room |
| 10:00 | Functional Training | Kirk Gym Sheet |
| 10:00 | Low Aerobics | Activity Room |
| 10:35 | Fitness Pilates | Activity Room |
| 12:15 | Aquacise | Main Pool |
| 16:30 | Fitness Club | Activity Room |
| 17:30 | Ko8 | Activity Room |
| 18:00 | After Burn | Activity Room |
| 18:30 | Core | Activity Room |
| 19:00 | Yoga | Activity Room |

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| <i>Thursday 21/06/2018</i> | | |
| 09:30 | Group Fight | Activity Room |
| 10:00 | Low Circuit Training | Multi And Comm Room |
| 10:20 | Group Power | Activity Room |
| 11:00 | Tai Chi | Multi And Comm Room |

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|-------|-------------|---------------------|
| 17:45 | Group Fight | Multi And Comm Room |
| 17:45 | Spin | Activity Room |
| 18:35 | Group Power | Activity Room |

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| Friday 22/06/2018 | | |
| 09:30 | Spin | Activity Room |
| 10:20 | Metabolic Fitness | Activity Room |
| 11:00 | Fitness Pilates | Activity Room |
| 12:15 | Aquacise | Main Pool |
| 17:30 | Ko8 | Activity Room |
| 18:00 | Circuit | Multi And Comm Room |

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|----------------------------|-----------------|---------------|
| Saturday 23/06/2018 | | |
| 09:30 | Group Fight | Activity Room |
| 10:20 | V I P R Workout | Activity Room |

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|--------------------------|------|---------------|
| Sunday 24/06/2018 | | |
| 10:00 | Ko8 | Activity Room |
| 11:15 | Spin | Activity Room |

Stockbridge Village Leisure Centre

| Time | Class | Area |
|---------------------------------|----------------------|--------------|
| <i>Monday 18/06/2018</i> | | |
| 09:30 | Triple Treat | Studio Rooms |
| 10:30 | Low Circuit Training | Studio Rooms |
| 18:00 | Spin | Studio Rooms |
| 19:00 | Aquacise | Main Pool |
| 19:00 | Aerobics | Studio Rooms |
| 19:50 | Blast | Studio Rooms |

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| <i>Tuesday 19/06/2018</i> | | |
| 09:30 | Circuit | Studio Rooms |
| 10:20 | Spin | Studio Rooms |
| 11:00 | Zumba | Studio Rooms |
| 12:05 | Aquacise | Main Pool |
| 18:00 | Spin | Studio Rooms |
| 19:00 | Legs Bums And Tums | Studio Rooms |
| 19:45 | Zumba | Studio Rooms |

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|------------------------------------|--------------|--------------|
| <i>Wednesday 20/06/2018</i> | | |
| 09:30 | Spin | Studio Rooms |
| 10:15 | Triple Treat | Studio Rooms |
| 12:05 | Aquacise | Main Pool |
| 18:00 | Boxercise | Studio Rooms |
| 18:45 | Metafit | Studio Rooms |
| 19:35 | Core | Studio Rooms |

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|-----------------------------------|----------|--------------|
| <i>Thursday 21/06/2018</i> | | |
| 09:45 | Metafit | Studio Rooms |
| 10:30 | Core | Studio Rooms |
| 18:00 | Spin | Studio Rooms |
| 19:00 | Aquacise | Main Pool |

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|---------------------------------|--------------------|--------------|
| <i>Friday 22/06/2018</i> | | |
| 10:00 | Legs Bums And Tums | Studio Rooms |
| 10:45 | Zumba | Studio Rooms |

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| <i>Saturday 23/06/2018</i> | | |
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09:30

Circuit

Studio Rooms

Halewood Leisure Centre

| Time | Class | Area |
|---------------------------------|--------------------|---------------------|
| <i>Monday 18/06/2018</i> | | |
| 10:00 | Aerobics | Multi & Boxing Room |
| 10:45 | Legs Bums And Tums | 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 |

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|----------------------------------|------------------|---------------------|
| <i>Tuesday 19/06/2018</i> | | |
| 09:30 | Spin | Spin Room |
| 10:20 | Bootcamp | Multi & Boxing Room |
| 11:30 | Tai Chi | Multi & Boxing Room |
| 11:45 | Aquacise | Main Pool |
| 18:00 | Yoga | Multi & Boxing Room |
| 18:00 | Functional Class | Hale Gym Sheet |
| 19:30 | Dancercise | Multi & Boxing Room |

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|------------------------------------|--------------------|---------------------|
| <i>Wednesday 20/06/2018</i> | | |
| 09:30 | Ko8 | Multi & Boxing Room |
| 10:05 | Spin | Spin Room |
| 10:05 | Yoga | Multi & Boxing Room |
| 17:45 | Boxing | Multi & Boxing Room |
| 18:00 | Circuit | Multi & Boxing Room |
| 18:00 | Spin | Spin Room |
| 19:00 | Legs Bums And Tums | Multi & Boxing Room |

| | | |
|-----------------------------------|--------------------|---------------------|
| <i>Thursday 21/06/2018</i> | | |
| 10:00 | Triple Treat | Multi & Boxing Room |
| 10:45 | Legs Bums And Tums | Multi & Boxing Room |
| 11:45 | Aquacise | Main Pool |
| 18:00 | Spin | Spin Room |
| 18:50 | Ko8 | Multi & Boxing Room |

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|---------------------------------|--------------------|---------------------|
| <i>Friday 22/06/2018</i> | | |
| 09:30 | Zumba | Multi & Boxing Room |
| 10:15 | Legs Bums And Tums | Multi & Boxing Room |
| 17:45 | Boxing | Multi & Boxing Room |

Saturday 23/06/2018

| | | |
|-------|-----------------|-----------|
| 09:15 | Spin | Spin Room |
| 11:45 | Swim Assessment | Main Pool |