

Active Knowsley Gym Timetable

This timetable is accurate as of: 23/09/2017 11:57:09

Halewood Leisure Centre		
Time	Class	Area
Saturday 23/09/2017		
09:15	Spin	Multi & Boxing Room
11:45	Swim Assessment	Main Pool

Monday 25/09/2017		
09:30	Spin	Multi & Boxing Room
10:20	Core	Multi & Boxing Room
12:00	Mixed Aqua Class	Main Pool
18:00	Group Fight	Multi & Boxing Room
18:00	Swim Assessment	Main Pool
18:45	Group Power	Multi & Boxing Room
19:00	Aquacise	Main Pool

Tuesday 26/09/2017		
09:30	Bootcamp	Multi & Boxing Room
10:30	Core	Multi & Boxing Room
11:30	Tai Chi	Multi & Boxing Room
11:45	Aquacise	Main Pool
17:45	Step	Multi & Boxing Room
18:30	Yoga	Multi & Boxing Room
19:30	Hiit & Circuit	Hale All Weather

Wednesday 27/09/2017		
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

Thursday 28/09/2017		
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 29/09/2017</i>		
09:30	Low Aerobics	Multi & Boxing Room
10:45	Hiit & Circuit	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room