

Active Knowsley Gym Timetable

This timetable is accurate as of: 26/05/2018 08:40:08

Halewood Leisure Centre		
Time	Class	Area
Saturday 26/05/2018		
09:15	Spin	Spin Room
11:45	Swim Assessment	Main Pool

Monday 28/05/2018		
10:15	Circuit	Multi & Boxing Room

Tuesday 29/05/2018		
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

Wednesday 30/05/2018		
09:30	Ko8	Multi & Boxing Room
10:05	Yoga	Multi & Boxing Room
10:05	Spin	Spin 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

Thursday 31/05/2018		
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

Friday 01/06/2018

09:30	Zumba	Multi & Boxing Room
10:15	Legs Bums And Tums	Multi & Boxing Room
11:00	Line Dancing	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room