

Active Knowsley Gym Timetable

This timetable is accurate as of: 15/12/2018 03:14:59

Halewood Leisure Centre

Time	Class	Area
Saturday 15/12/2018		
09:15	Spin	Spin Room

Monday 17/12/2018		
10:00	Aerobics	Multi & Boxing Room
10:45	Legs Bums And Tums	Multi & Boxing Room
12:00	Mixed Aqua Class	Main Pool
18:00	Group Fight	Multi & Boxing Room
18:45	Group Power	Multi & Boxing Room
19:00	Aquacise	Main Pool

Tuesday 18/12/2018		
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 19/12/2018		
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	Spin	Spin Room
19:00	Legs Bums And Tums	Multi & Boxing Room
20:00	Aquacise	Main Pool

Thursday 20/12/2018		
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 21/12/2018		
09:30	Zumba	Multi & Boxing Room
10:15	Legs Bums And Tums	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room