

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/08/2018 21:01:19

Halewood Leisure Centre		
Time	Class	Area
Saturday 18/08/2018		
09:15	Spin	Spin Room
11:45	Swim Assessment	Main Pool

Monday 20/08/2018		
10:00	Aerobics	Multi & Boxing Room
10:45	Legs Bums And Tums	Multi & Boxing Room
12:00	Mixed Aqua Class	Main Pool
18:00	Swim Assessment	Main Pool
18:00	Group Fight	Multi & Boxing Room
18:45	Group Power	Multi & Boxing Room
19:00	Aquacise	Main Pool

Tuesday 21/08/2018		
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 22/08/2018		
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 23/08/2018		
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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

<i>Friday 24/08/2018</i>		
09:30	Zumba	Multi & Boxing Room
10:15	Legs Bums And Tums	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room