

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/08/2018 21:01:17

Kirkby Leisure Centre		
Time	Class	Area
Saturday 18/08/2018		
09:30	Group Fight	Activity Room
10:20	V I P R Workout	Activity Room

Sunday 19/08/2018		
10:00	Ko8	Activity Room
11:15	Spin	Activity Room

Monday 20/08/2018		
09:30	Group Power	Activity Room
10:30	Low Impact Circuit	Multi And Comm Room
10:30	Group Fight	Activity Room
11:30	Tai Chi	Multi And Comm Room
12:15	Aquacise	Main Pool
17:30	Legs Bums And Tums	Activity Room
18:00	V I P R Workout	Activity Room
18:10	Aquacise	Main Pool
18:15	Circuit	Multi And Comm Room
19:15	Spin	Activity Room

Tuesday 21/08/2018		
09:15	Triple Treat	Activity Room
10:00	V I P R Workout	Multi And Comm Room
10:00	Functional Training	Kirk Gym Sheet
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

Wednesday 22/08/2018		
07:00	Functional Training	Activity Room
09:30	Metabolic Fitness	Activity Room

10:00	Functional Training	Kirk Gym Sheet
10:00	Low Aerobics	Activity Room
10:00	Core	Activity Room
10:30	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

Thursday 23/08/2018

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

Friday 24/08/2018

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