

# Active Knowsley Gym Timetable

This timetable is accurate as of: 23/09/2017 11:53:40

Kirkby Leisure Centre		
Time	Class	Area
<b>Saturday 23/09/2017</b>		
09:30	Group Fight	Activity Room
10:20	Group Power	Activity Room

<b>Sunday 24/09/2017</b>		
10:00	Ko8	Activity Room
11:15	Spin	Activity Room

<b>Monday 25/09/2017</b>		
09:30	Group Power	Activity Room
10:30	Group Fight	Activity Room
10:30	Low Circuit Training	Multi And Comm Room
11:30	Tai Chi	Multi And Comm Room
12:15	Aquacise	Main Pool
17:30	Legs Bums And Tums	Activity Room
18:00	Aquacise	Main Pool
18:15	Circuit	Multi And Comm Room
19:15	Spin	Activity Room

<b>Tuesday 26/09/2017</b>		
09:15	Step	Activity 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
19:00	G1ow	Sports Hall

<b>Wednesday 27/09/2017</b>		
07:00	Functional Training	Activity Room
09:15	Spin	Activity Room
10:00	Functional Training	Kirk Gym Sheet

10:15	Low Aerobics	Multi And Comm Room
10:30	Ko8	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	After Burn	Activity Room
18:30	Core	Activity Room
19:00	Yoga	Activity Room

<b>Thursday 28/09/2017</b>		
09:30	Group Fight	Activity Room
10:00	Low Impact Circuit	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
19:00	Aquacise	Main Pool

<b>Friday 29/09/2017</b>		
09:30	After Burn	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	Circuit	Multi And Comm Room