

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/08/2018 21:01:22

Knowsley Leisure & Culture Park		
Time	Class	Area
Saturday 18/08/2018		
09:10	Spin	Spin Studio
09:15	Low Circuit Training	Activity Room
10:00	Bootcamp	Activity Room
11:00	Tai Chi	Activity Room

Sunday 19/08/2018		
09:15	Yoga 1 Hour	Activity Room
09:30	Spin	Spin Studio
10:30	Circuit	Activity Room

Monday 20/08/2018		
07:00	Ko8	Sports Hall
09:30	After Burn	Activity Room
10:00	Core	Activity Room
10:00	Low Impact Aerobics	Sports Hall
11:05	Over 50's Pilates	Sports Hall
13:00	Over 50s	Sports Hall
17:30	Vipr Workout	Activity Room
18:00	Legs Bums And Tums	Activity Room
18:05	Spin	Spin Studio
18:05	H I I T Vs Core	Sports Hall
19:00	Clubbercise	Sports Hall
19:00	Spin	Spin Studio
19:00	Aquacise	Main Pool

Tuesday 21/08/2018		
07:00	Spin My Ride	Spin Studio
09:30	H I I T	Activity Room
10:00	Low Circuit Training	Sports Hall
10:05	Pilates	Activity Room
11:00	Low Impact Aerobics	Activity Room
16:31	Functional Family Circuit	Sports Hall
17:15	Triple Treat	Activity Room

18:00	Legs Bums And Tums	Activity Room
19:00	Spin	Spin Studio
20:00	Yoga	Activity Room

Wednesday 22/08/2018		
07:00	Functional Gym Class	Sports Hall
09:15	Spin	Spin Studio
09:15	Step	Activity Room
10:20	Legs Bums And Tums	Activity Room
10:55	Fitness Yoga	Activity Room
12:00	Aquacise	Main Pool
12:00	Tai Chi	Activity Room
14:00	Line Dancing	Activity Room
16:31	Functional Family Circuit	Activity Room
17:30	Pilates	Activity Room
17:30	Spin	Spin Studio
18:15	Group Fight	Activity Room
18:30	Aquacise	Main Pool
18:45	Group Power	Activity Room
19:15	Spin	Teaching Pool

Thursday 23/08/2018		
07:00	Yoga 1 Hour	Activity Room
09:00	Ko8	Sports Hall
09:35	Spin	Spin Studio
10:00	Low Circuit Training	Sports Hall
11:45	Swim Lessons	Teaching Pool
12:00	Aquacise	Main Pool
17:30	Group Fight	Activity Room
18:00	Circuit	Sports Hall
18:20	Spin	Spin Studio
18:20	Group Power	Activity Room
19:00	Vipr Workout	Sports Hall
19:05	Zumba	Activity Room

Friday 24/08/2018		
07:00	H I I T	Activity Room
09:15	Group Fight	Activity Room
10:15	Group Power	Activity Room
10:30	Aquacise	Main Pool
17:30	H I I T	Activity Room
18:05	Spin	Spin Studio