

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/02/2018 08:43:01

Knowsley Leisure & Culture Park		
Time	Class	Area
Sunday 18/02/2018		
09:15	Yoga 1 Hour	Activity Room
09:30	Spin	Spin Studio
10:30	Circuit	Activity Room

Monday 19/02/2018		
07:00	Ko8	Sports Hall
09:30	Aerobics	Activity Room
10:00	Low Impact Aerobics	Sports Hall
10:15	Legs Bums And Tums	Activity Room
13:00	Over 50s	Sports Hall
17:15	Legs Bums And Tums	Activity Room
18:00	Aerobics	Activity Room
18:00	H I I T Vs Core	Sports Hall
18:00	Spin My Ride	Spin Studio
19:00	G1ow	Sports Hall
19:00	Aquacise	Main Pool
19:00	Spin	Spin Studio

Tuesday 20/02/2018		
07:00	Spin My Ride	Spin Studio
09:30	H I I T	Activity Room
10:00	Pilates	Activity Room
10:00	Low Impact Circuit	Sports Hall
11:00	Low Impact Aerobics	Activity Room
17:15	Step	Activity Room
18:00	Legs Bums And Tums	Activity Room
18:45	Group Power	Activity Room
19:00	Spin My Ride	Spin Studio
20:00	Yoga	Activity Room

Wednesday 21/02/2018		
07:00	Circuit	Sports Hall
09:15	P90x	Activity Room

09:30	Spin	Spin Studio
10:20	Piy0	Activity Room
10:55	Gliding	Activity Room
12:00	Tai Chi	Activity Room
12:00	Aquacise	Main Pool
14:00	Line Dancing	Activity Room
17:30	Pilates	Activity Room
18:15	Group Fight	Activity Room
18:30	Aquacise	Main Pool
19:00	Spin	Spin Studio
19:00	Zumba	Sports Hall

Thursday 22/02/2018

07:00	Yoga 1 Hour	Activity Room
09:00	Ko8	Sports Hall
09:35	Spin My Ride	Spin Studio
10:00	Low Impact Circuit	Sports Hall
11:45	Swim Lessons	Teaching Pool
12:00	Aquacise	Main Pool
17:30	Group Fight	Activity Room
18:00	Circuit	Sports Hall
18:15	Step	Activity Room
18:20	Spin My Ride	Spin Studio

Friday 23/02/2018

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

Saturday 24/02/2018

09:10	Spin	Spin Studio
09:15	Low Impact Circuit	Activity Room
10:00	Bootcamp	Activity Room
11:00	Tai Chi	Activity Room