

Active Knowsley Gym Timetable

This timetable is accurate as of: 22/11/2017 11:04:14

Knowsley Leisure & Culture Park		
Time	Class	Area
Wednesday 22/11/2017		
07:00	Circuit	Sports Hall
09:15	Spin My Ride	Spin Studio
10:05	Step	Activity Room
10:50	Legs Bums And Tums	Activity Room
11:00	Over 50s	Sports Hall
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	Zumba	Sports Hall
19:00	Spin	Spin Studio

Thursday 23/11/2017		
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 24/11/2017		
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 25/11/2017		
09:10	Spin	Spin Studio
09:15	Low Impact Circuit	Activity Room
10:00	Bootcamp	Activity Room
11:00	Tai Chi	Activity Room

Sunday 26/11/2017		
09:15	Yoga 1 Hour	Activity Room
09:30	Spin	Spin Studio
10:30	Spin	Spin Studio

Monday 27/11/2017		
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	Spin My Ride	Spin Studio
18:00	H I I T Vs Core	Sports Hall
19:00	G1ow	Sports Hall
19:00	Aquacise	Main Pool
19:00	Spin	Spin Studio

Tuesday 28/11/2017		
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
16:00	Junior Circuit Class	Sports Hall
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