

# Active Knowsley Gym Timetable

This timetable is accurate as of: 26/05/2018 08:38:51

Knowsley Leisure & Culture Park		
Time	Class	Area
<b>Saturday 26/05/2018</b>		
09:10	Spin	Spin Studio
09:15	Low Circuit Training	Activity Room
10:00	Bootcamp	Activity Room
11:00	Tai Chi	Activity Room

<b>Sunday 27/05/2018</b>		
09:15	Yoga 1 Hour	Activity Room
09:30	Spin	Spin Studio
10:30	Circuit	Activity Room

<b>Monday 28/05/2018</b>		
10:15	Circuit	Activity Room

<b>Tuesday 29/05/2018</b>		
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
18:45	Group Power	Activity Room
19:00	Spin	Spin Studio
20:00	Yoga	Activity Room

<b>Wednesday 30/05/2018</b>		
07:00	Functional Gym Class	Sports Hall
09:15	P90x	Activity Room
09:15	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
16:31	Functional Family Circuit	Activity Room
17:30	Pilates	Activity Room
17:30	Spin	Spin Studio
18:20	Boxfit	Activity Room
18:30	Aquacise	Main Pool
19:00	Spin	Spin Studio
19:15	Barre	Activity Room

### ***Thursday 31/05/2018***

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
16:31	Functional Family Circuit	Sports Hall
17:30	Group Fight	Activity Room
18:00	Circuit	Sports Hall
18:20	Spin	Spin Studio
18:20	Group Power	Activity Room
19:05	Zumba	Activity Room

### ***Friday 01/06/2018***

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