

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/08/2018 21:01:15

Stockbridge Village Leisure Centre		
Time	Class	Area
Saturday 18/08/2018		
09:30	Circuit	Studio Rooms

Monday 20/08/2018		
09:30	Triple Treat	Studio Rooms
10:30	Low Circuit Training	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aquacise	Main Pool
19:00	Aerobics	Studio Rooms
19:50	Blast	Studio Rooms

Tuesday 21/08/2018		
09:30	Circuit	Studio Rooms
10:20	Spin	Studio Rooms
11:00	Zumba	Studio Rooms
12:05	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Legs Bums And Tums	Studio Rooms
19:45	Zumba	Studio Rooms

Wednesday 22/08/2018		
09:30	Spin	Studio Rooms
10:15	Triple Treat	Studio Rooms
12:05	Aquacise	Main Pool
18:00	Boxercise	Studio Rooms
18:45	Metafit	Studio Rooms
19:35	Core	Studio Rooms

Thursday 23/08/2018		
09:45	Metafit	Studio Rooms
10:30	Pilates	Studio Rooms
18:00	Spin	Studio Rooms

19:00	Aquacise	Main Pool
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<i>Friday 24/08/2018</i>		
10:00	Legs Bums And Tums	Studio Rooms
10:45	Zumba	Studio Rooms