

Active Knowsley Gym Timetable

This timetable is accurate as of: 22/11/2017 11:03:50

Stockbridge Village Leisure Centre		
Time	Class	Area
Wednesday 22/11/2017		
09:30	Circuit	Studio Rooms
12:15	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Metafit	Studio Rooms

Thursday 23/11/2017		
09:30	Spin	Studio Rooms
18:00	Boxercise	Studio Rooms
19:00	Aquacise	Main Pool

Friday 24/11/2017		
10:00	Spin And Abs	Studio Rooms

Monday 27/11/2017		
09:30	Step	Studio Rooms
10:30	Low Circuit Training	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aerobics	Studio Rooms

Tuesday 28/11/2017		
09:30	Spin	Studio Rooms
12:15	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Aquacise	Main Pool
19:00	Legs Bums And Tums	Studio Rooms