

Active Knowsley Gym Timetable

This timetable is accurate as of: 26/05/2018 08:39:31

Stockbridge Village Leisure Centre

Time	Class	Area
Saturday 26/05/2018		
09:30	Circuit	Studio Rooms

Tuesday 29/05/2018		
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 30/05/2018		
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 31/05/2018		
09:45	Metafit	Studio Rooms
10:30	Pilates	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aquacise	Main Pool

Friday 01/06/2018		
10:00	Legs Bums And Tums	Studio Rooms