

Active Knowsley Gym Timetable

This timetable is accurate as of: 15/12/2018 03:01:07

| Stockbridge Village Leisure Centre | | |
|------------------------------------|----------------------|--------------|
| Time | Class | Area |
| Monday 17/12/2018 | | |
| 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 |

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|---------------------------|--------------------|--------------|
| Tuesday 18/12/2018 | | |
| 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 |

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| Wednesday 19/12/2018 | | |
| 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 |

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|----------------------------|--------------------|--------------|
| Thursday 20/12/2018 | | |
| 09:30 | Circuit | Studio Rooms |
| 18:00 | Spin | Studio Rooms |
| 19:00 | Aquacise | Main Pool |
| Friday 21/12/2018 | | |
| 10:00 | Legs Bums And Tums | Studio Rooms |