

Active Knowsley Gym Timetable

This timetable is accurate as of: 23/09/2017 11:54:12

Stockbridge Village Leisure Centre		
Time	Class	Area
Monday 25/09/2017		
09:30	Step	Studio Rooms
10:30	Low Circuit Training	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aerobics	Studio Rooms

Tuesday 26/09/2017		
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

Wednesday 27/09/2017		
09:30	Circuit	Studio Rooms
12:15	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Metafit	Studio Rooms

Thursday 28/09/2017		
09:30	Spin	Studio Rooms
18:00	Boxercise	Studio Rooms
19:00	Aquacise	Main Pool
Friday 29/09/2017		
10:00	Spin And Abs	Studio Rooms