

George H Carnall (Urmston Classes Moved Here)			
MONDAY	Gentle Aerobic & Tai Chi	10.00	Main Hall
	Yoga	11.30	Practice Hall
	Simple Circuits	12.00	Main Hall
	Box Fit	18.30	Balcony
	Yoga (75 Mins)*	18.00	Training Room 3
	Spinning	18:30	Squash Court 4
	Yoga (75 Mins)*	19:15	Training Room 3
	Body Blast	19:30	Balcony
TUESDAY	Yoga (75 Mins)*	10.00	Training Room 3
	Pilates	12:30	Practice Hall
	Hatha Yoga	18:15	Training Room 3
	Circuits	19:00	Sports Hall 1
	Yoga	20.00	Training Room 3
	Zumba	20:15	Balcony
WEDNESDAY	Spinning	07:15	Squash Court 4
	Circuits	09.30	Main Hall
	Simple Circuits (rehab)	11:00	Sports Hall 1
	Iyenga Yoga	11.15	Practice Hall
	Pilates	17.30	Practice Hall
	Pilates	18:30	Practice Hall
	HIIT	19.15	Balcony
THURSDAY	Gentle Aerobics & Tai Chi*	10.00	Main Hall
	Yoga	11.00	Balcony
	Spinning	12:15	Squash Court 4
	Pilates	18:00	Training Room 3
	Box Fit	18:00	Balcony
	Aeromix	19:15	Sports Hall 1
	Spinning	19:15	Squash Court 4
FRIDAY	Spinning	07:15	Squash Court 4
	Pump FX	09.30	Balcony
	Pilates	11.00	Practice Hall
	Hatha Yoga	18:00	Training Room 3
	Yoga	19:15	Training Room 3
SATURDAY	Family Circuits	09:30	Balcony
	Box Fit	10.30	Balcony
	Core Conditioning (30 Mins)	11.30	Balcony
SUNDAY	Spinning	09:00	Squash court 4

Altrincham Leisure Centre			
MONDAY	Spinning	07:00	Cycle Zone
	Body Conditioning	09.30	Move Zone
	Zest Tone & Relax*	10.00	Sports Hall
	Yin Yoga	11.15	Move Zone
	Zumba	18.15	Sports Hall 2
	Tab Cycle	18.15	Cycle Zone
	Body Conditioning	19.00	Move Zone
	Pilates	20.00	Move Zone
TUESDAY	Zumba	09.30	Move Zone
	Kettlecise	10:30	Move Zone
	Aerobics & Tone*	11.15	Upper P Hall
	Legs, Bums & Tums	18:15	Move Zone
	TAB cycle	18:15	Cycle Zone
	Core Fit	18:15	Upper P Hall
	Pilates	19:00	Upper P Hall
	Spinning	19:15	Cycle Zone
WEDNESDAY	Total Workout	09.30	Move Zone
	Spinning	09.30	Cycle Zone
	Yoga 4 All	10:45	Move Zone
	Aqua Aerobics*	11:45	Main Pool
	Stretch & Strengthen*	12.15	Upper p Hall
	Water Wellness	14:00	Small Pool
	Yoga Flow	18:15	Move Zone
	Power HIIT	18:15	Upper P Hall
	Spinning	19.00	Cycle Zone
	Aeromix	19:30	Sports Hall 2

Stretford Sports Village - Chester Centre			
MONDAY	Spinning (30 Mins)	12.15	Spin Studio
	Yoga	12:15	Practice Hall
	Boxfit	17:45	Practice Hall
	Spinning	18:30	Spin Studio
	Spinning	19:30	Spin Studio
TUESDAY	Pilates	12:05	Practice Hall
	Spinning (30 Mins)	12:15	Spin Studio
	Spinning (30 Mins)	17:30	Spin Studio
	Pump (50 Mins)	18:10	Sports Hall
	Aeromix	19:15	Sports Hall
WEDNESDAY	Spinning	07:15	Spin Studio
	Begin to Spin	10:00	Spin Studio
	Pilates	12:05	Practice Hall
	Spinning	12:15	Spin Studio
	Abs,Spine & Posture	13:00	Practice Hall
	Spinning	18:30	Spin Studio
	Spinning	19:30	Spin Studio
THURSDAY	Spinning	12:15	Spin Studio
	Pilates	12:30	Practice Hall
	Spinning (women Only)	17:45	Spin Studio
	Pump	17:45	Sports Hall
	Yoga	19:00	Practice Hall
FRIDAY	Spinning	07:15	Spin Studio
	Zumba	10:00	Sports Hall
	Abs,Spine & Posture	12:15	Practice Hall
	Pilates	18:15	Practice Hall
SUNDAY	Abs,Spine & Posture	10:00	Practice Hall
	Spinning	11:00	Spin Studio

Stretford Sports Village - Talbot Centre			
MONDAY	Tone & Roll	17:40	Dance Studio
	Pilates	18:25	Dance Studio
	Zumba	18:30	Sports Hall
TUESDAY	Pilates	18:00	Dance Studio
WEDNESDAY	Hatha Yoga	19:15	Dance Studio
SATURDAY	Pilates	09:30	Dance Studio
	Circuit Training	10:30	Sports Hall

Altrincham Leisure Centre			
THURSDAY	Spinning	09:30	Cycle Zone
	Total Workout	09:30	Move Zone
	Hatha Yoga	10:30	Move Zone
	TAB cycle	18:15	Cycle Zone
	HIIT Step	18:15	Move Zone
	Aqua Aerobics	19:00	Cycle Zone
	Box Fit	19:00	Main Hall
	Spinning	19:15	Upper P Hall
FRIDAY	Abs	09:00	Move Zone
	Zumba	09:30	Move Zone
	Body Conditioning	10:30	Move Zone
	Zumba Gold*	11:30	Move Zone
	TAB cycle	18:15	Cycle Zone
SATURDAY	TAB cycle	10:30	Cycle Zone
SUNDAY	Kettlebells	09:00	Move Zone
	Spinning	10:00	Cycle Zone
	Begin To Step	10:30	Move Zone
	Step	11:00	Move Zone

Sale Leisure Centre			
MONDAY	Cycle 45 - Intervals	09:30	Cycle Studio
	Stretch & Tone	09:45	Studio 1
	Pilates - Traditional	11:00	Studio 1
	HIIT	12:30	Functional Studio
	Cycle45 - Journey	18:30	Cycle Studio
	Body Conditioning	18:30	Studio 1
	Circuit Training	19:15	Main Hall
	Vinyasa Yoga	19:30	Studio 1
TUESDAY	Cycle45 - Journey	09:30	Cycle Studio
	Gentle Aerobics	09:30	Main Hall
	Mums move	10:30	Studio 1
	Pump	10:45	Main Hall
	Aquafit	12:00	Club Pool
	Kettlebells 30	12:30	Functional Studio
	HIIT	18:00	Functional Studio
	Cycle45 - Journey	18:30	Cycle Studio
	Kettlebells 30	19:00	Functional Studio
	Aeromix	19:30	Main Hall
	Pilates - Fitness	19:45	Studio 1
WEDNESDAY	Body Conditioning	09:30	Main Hall
	Hatha Yoga	10:45	Studio 2
	Walking Football	12:00	Main Hall
	Bootcamp	12:30	Functional Studio
	Pilates- Traditional	17:15	Studio 3
	Hatha Yoga	18:00	Studio 2
	Cycle45 - Journey	18:15	Cycle Studio
	HIIT Step	18:15	Sports Hall
	Zumba	19:00	Main Hall
THURSDAY	Tabata	19:20	Functional Studio
	Combat & Strength	09:15	Studio 1
	Body Conditioning	10:00	Main Hall
	Zumba - Stay Active	10:00	Studio 1
	Pilates - Freestyle	11:00	Studio 1
	Aquafit	12:10	Club Pool
	Cycle45 - Intervals	12:30	Cycle Studio
	Cycle45 - Intervals	18:00	Cycle Studio
	Hatha Yoga	19:00	Studio 1
	Kettlebells 30	19:00	Functional Studio
FRIDAY	Cycle45 - Intervals	09.15	Cycle Studio
	Fit ball	10.00	Studio 1
	HIIT	12.15	Functional Studio
	Pilates - Tradtional	17.30	Studio 2
	Barre HIIT	18:05	Studio 3
	Cycle45 - Intervals	18.30	Cycle Studio
SATURDAY	Cycle45 - Interval	09:45	Cycle Studio
	Boxercise	10.30	Courts 1,2 & 3
	Hatha Yoga	12:00	Studio 2
SUNDAY	Cycle45 - Journey	10.00	Cycle Studio
	Aeromix	11.15	Main Hall

Stretford Sports Barn - (women only classes)			
MONDAY	Zumba	18:00	Sports Hall
TUESDAY	Brazilian Body Sculpt	18:00	Sports Hall
	Pilates	18:45	Sports Hall
FRIDAY	Zumba	18:00	Sports Hall

Partington Sports Village			
WEDNESDAY	Aqua Aerobics	19:15	Pool

* Stay Active Sessions - Suitable for any adults any age & ability

NOTES

Some classes have limited availability. Timetable correct at time of print, check reception & notice boards for details. Please arrive at your class promptly to avoid disappointment if you arrive late you may be refused admission.