

Altrincham Leisure Centre			
MONDAY	Spinning	07:00	Cycle Zone
	Body Conditioning	09.30	Move Zone
TUESDAY	Yin Yoga	11.15	Move Zone
	Zumba	18.15	Sports Hall 2
	Tab Cycle	18.15	Sports Hall 1
	Spinning	18.45	Cycle Zone
	Body Gold	19.00	Move Zone
	Spinning	19.15	Cycle Zone
	Pilates	20.00	Move Zone
	Zumba	09.30	Move Zone
	Kettlecise	10:30	Move Zone
	TAB cycle	13:00	Cycle Zone
WEDNESDAY	Kettlebells	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
	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* - Rehab	12:15	Upper P Hall
THURSDAY	Kettlebells	13:15	Upper P Hall
	TAB cycle	18:15	Cycle Zone
	Hatha Yoga	18:15	Move Zone
	Power HIIT	18:15	Upper P Hall
	Spinning	19:00	Cycle Zone
	Aeromix	19:30	Sports Hall 2
	HIIT Step	19:30	Move Zone
	Spinning	09:30	Cycle Zone
	Total Workout	09:30	Move Zone
	Hatha Yoga	10:30	Move Zone
FRIDAY	Spinning	18:00	Cycle Zone
	TAB cycle	19:00	Cycle Zone
	Aqua Aerobics	19:00	Main Pool
	Box Fit	19:00	Upper P Hall
SATURDAY	Abs	09:00	Move Zone
	Zumba	09:30	Move Zone
	Body Conditioning	10:30	Move Zone
	Zumba Gold	11:30	Move Zone
SUNDAY	TAB cycle	18:15	Cycle Zone
	Spinning	10:00	Cycle Zone
Begin To Step	10:30	Move Zone	
Step	11:00	Move Zone	

Stretford Sports Village - Chester Centre			
MONDAY	Spinning (30 Mins)	12.15	Spin Studio
	Yoga	12:15	Practice Hall
	Spinning	18:30	Spin Studio
	Pilates	19:30	Spin Studio
TUESDAY	Hatha Yoga (women only)	09.15	Practice Hall
	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
WEDNESDAY	Aeromix	19:15	Sports Hall
	Spinning	07:15	Spin Studio
	Simple Spin & Stretch	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
	Aqua Aerobics	19:30	Spin Studio
THURSDAY	Spinning	12:15	Spin Studio
	Pilates	12:30	Practice Hall
	Yoga Flow	15:00	Practice Hall
	Spinning (women Only)	17:45	Spin Studio
FRIDAY	Pump	17:45	Sports Hal
	Spinning	07:15	Spin Studio
	Zumba	10:00	Sports Hall
SUNDAY	Abs,Spine & Posture	12:15	Practice Hall
	Spinning	18:15	Practice Hall
Abs,Spine & Posture	10:00	Practice Hall	
Spinning	11:00	Spin Studio	

Stretford Sports Village - Talbot Centre			
MONDAY	Box Fit	17:45	Dance Studio
	Zumba	18:30	Sports Hall
TUESDAY	HIIT (High Intensity Interval Training)	18:00	Dance Studio
WEDNESDAY	Kettlebells	17:30	Dance Studio
	Hatha Yoga	19:15	Dance Studio
THURSDAY	Insanity Live	19:15	Dance Studio
SATURDAY	Pilates	09:30	Dance Studio
Circuit Training	10:30	Sports Hall	

Urmston Leisure Centre			
MONDAY	Aqua Aerobics	14:00	Main Pool
	Spinning	18.30	Main Hall
	Body Blast	19:15	Main Hall
	Aqua Aerobics	20:00	Main Pool
TUESDAY	Circuit Training	19:00	Main Hall
Zumba	20:15	Main Hall	
WEDNESDAY	Spinning	07.15	Main Hall
	Simple Circuits	11.00	Main Hall
	Aqua Aerobics	14:00	Main Pool
	Dodgeball	17.00	Main Hall
THURSDAY	Spinning	12.15	Main Hall
	Box Fit	18.00	Main Hall
	Aeromix	19.05	Main Hall
	Spinning	20.15	Main Hall
FRIDAY	Spinning	07.15	Main Hall
SATURDAY	Family Circuits	09:30	Main Hall
	HIIT (High Intensity Interval Training)	10:30	Main Hall
SUNDAY	Family Spinning	09:00	Main Hall

Sale Leisure Centre			
MONDAY	Cycle45 - Intervals	09:30	Cycle Studio
	Stretch & Tone	09:45	Studio 1
	Pilates - Traditional	11:00	Studio 1
	Cycle30 - Speed	12:15	Cycle Studio
	HIIT	12:30	Functional Studio
	Cycle45 - Journey	18:30	Cycle Studio
TUESDAY	Body Conditioning	18:30	Studio 1
	Circuit Training	19:15	Main Hall
	AquaFit	20:15	Club Pool
	Cycle45 - Journey	09:30	Cycle Studio
	Aerobics - Low impact	09:45	Main Hall
	Pump	10:45	Main Hall
	AquaFit	12:00	Club Pool
	Kettlebells30	12:30	Functional Studio
	HIIT	12:30	Functional Studio
	Cycle45 - Journey	18:00	Cycle Studio
WEDNESDAY	Kettlebells30	18:30	Cycle Studio
	Aeromix	19:00	Functional Studio
	Pilates - Fitness	19:30	Main Hall
	Body Conditioning	09:30	Main Hall
	Hatha Yoga	10:45	Studio 1
	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
THURSDAY	HIIT	18:20	Main Hall
	Core30	18:50	Main Hall
	Zumba	19:30	Main Hall
	Cycle30 - Begin	19:30	Cycle Studio
	Vinyasa Yoga	07:30	Studio 1
	Combat & Strength	09:15	Studio 1
	Body Conditioning	10:00	Main Hall
	Pilates - Fitness	11:00	Studio 2
	Zumba Gold	11:00	Studio 1
	AquaFit	12:10	Club Pool
FRIDAY	Cycle30 - Speed	12:30	Cycle Studio
	Cycle45 - Intervals	18:00	Cycle Studio
	Hatha Yoga	19:00	Studio 1
	Kettlebells30	19:00	Functional Studio
	Insanity	20:00	Studio 3
	Cycle45 - Intervals	09.15	Cycle Studio
	Fit ball	10.00	Studio 3
	HIIT	12.15	Functional Studio
	Cycle30 - Speed	13.00	Cycle Studio
	Pilates - Traditional	17.30	Studio 2
Barre HIIT	18.05	Studio 3	
Cycle45 - Intervals	18.30	Cycle Studio	
SATURDAY	Boxercise	10.30	Main Hall
	Cycle30 - Begin	10.30	Cycle Studio
Family Fit	11.30	Main Hall	
SUNDAY	Cycle45 - Journey	09.30	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, all classes last at least 45 of 55 minutes unless otherwise stated.

George H Carnal			
MONDAY	Box Fit	18.30	Balcony
	Yoga (75 Mins)*	18.00	Training Room 3
TUESDAY	Yoga (75 Mins)*	19:15	Training Room 3
	Pilates	10.00	Training Room 3
	Simple Aerobics & Tai Chi	12:30	Practice Hall
	Hatha Yoga	14:00	Balcony
	HIIT (High Intensity Interval Training)	18:15	Training Room 3
	Body Conditioning	18:30	Balcony
WEDNESDAY	Yoga	19.05	Balcony
	Training Room 3	20.00	Training Room 3
	Circuits	09.30	Main Hall
	Pilates*	17.30	Practice Hall
THURSDAY	Pilates*	18:30	Practice Hall
	Circuits	19:05	Balcony
	Gentle Aerobics & Tai Chi*	10.00	Main Hall
FRIDAY	Pilates	18:00	Training Room 3
	Strong by Zumba	18:30	Balcony
	Pump FX	09.30	Balcony
SATURDAY	Hatha Yoga	18:00	Training Room 3
	Yoga	19:15	Training Room 3
SATURDAY	Box Fit	10.30	Balcony
	Core Conditioning (30 Mins)	11.30	Balcony