

Altrincham Leisure Centre			
MONDAY	Spinning Body Conditioning Zest Tone & Relax* Yin Yoga Zumba Tab Cycle Spinning Body Gold Spinning Pilates	07:00 09:30 10:00 11.15 18.15 18.15 18.45 19.00 19.15 20.00	Cycle Zone Move Zone Sports Hall Move Zone Sports Hall 2 Sports Hall 1 Cycle Zone Move Zone Cycle Zone Move Zone
TUESDAY	Zumba Kettlecise Aerobics & Tone* TAB cycle Kettlebells TAB cycle Core Fit Pilates Spinning	09.30 10:30 11.15 12:30 18:15 18:15 18:15 19:00 19:15	Move Zone Move Zone Upper P Hall Cycle Zone Move Zone Cycle Zone Upper P Hall Upper P Hall Cycle Zone
WEDNESDAY	Total Workout Spinning Yoga 4 All Aqua Aerobics* Stretch & Strengthen* Water Wellness TAB cycle Yoga Flow Power HIIT Spinning Aeromix HIIT Step	09.30 09.30 10:45 11:45 12.15 14:00 18:15 18:15 18:15 19:00 19:30 19:30	Move Zone Cycle Zone Move Zone Main Pool Upper p Hall Small Pool Cycle Zone Move Zone Upper P Hall Cycle Zone Sports Hall 2 Move Zone
THURSDAY	Spinning Total Workout Hatha Yoga TAB cycle Aqua Aerobics Box Fit Spinning	09:30 09:30 10:30 18:15 19:00 19:00 19:15	Cycle Zone Move Zone Move Zone Cycle Zone Cycle Zone Main Pool Upper P Hall
FRIDAY	Abs Zumba Body Conditioning Zumba Gold* TAB cycle	09:00 09:30 10:30 11:30 18:15	Move Zone Move Zone Move Zone Move Zone Cycle Zone
SATURDAY	TAB cycle	10:30	Cycle Zone
SUNDAY	Spinning Begin To Step Step	10:00 10:30 11:00	Cycle Zone Move Zone Move Zone

Stretford Sports Village - Chester Centre			
MONDAY	Spinning (30 Mins) Yoga Spinning Spinning Pilates	12.15 12:15 18:30 19:30 19:30	Spin Studio Practice Hall Spin Studio Spin Studio Practice Hall
TUESDAY	Hatha Yoga (women only) Pilates Spinning (30 Mins) Spinning (30 Mins) Pump (50 Mins) Aeromix	09.15 12:05 12:15 17:30 18:10 19:15	Practice Hall Practice Hall Spin Studio Spin Studio Sports Hall Sports Hall
WEDNESDAY	Spinning Begin to Spin Pilates Spinning Abs,Spine & Posture Spinning Spinning Aqua Aerobics	07:15 10:00 12.05 12:15 13:00 18:30 19:30 20:15	Spin Studio Spin Studio Practice Hall Spin Studio Practice Hall Spin Studio Spin Studio Main Pool
THURSDAY	Spinning Pilates Spinning (women Only) Pump	12:15 12:30 17:45 17:45	Spin Studio Practice Hall Spin Studio Sports Hal
FRIDAY	Spinning Zumba Abs,Spine & Posture Pilates	07:15 10:00 12:15 18:15	Spin Studio Sports Hall Practice Hall Practice Hall
SUNDAY	Abs,Spine & Posture Spinning	10:00 11:00	Practice Hall Spin Studio

Sale Leisure Centre			
MONDAY	Cycle45 - Intervals Stretch & Tone Pilates - Traditional Cycle30 - Speed HIIT Cycle45 - Journey Body Conditioning Circuit Training AquaFit	09:30 09:45 11:00 12:15 12:30 18:30 18:30 19:15 20:15	Cycle Studio Studio 1 Studio 1 Cycle Studio Functional Studio Cycle Studio Studio 1 Main Hall Club Pool
TUESDAY	Cycle45 - Journey Aerobics - Low impact Pump AquaFit Kettlebells30 HIIT Cycle45 - Journey Kettlebells30 Aeromix Pilates - Fitness	09:30 09:45 10:45 12:00 12:30 18:00 18:30 19:00 19:30 19:45	Cycle Studio Main Hall Main Hall Club Pool Functional Studio Functional Studio Cycle Studio Functional Studio Main Hall Studio 1
WEDNESDAY	Body Conditioning Hatha Yoga Walking Football Bootcamp Pilates - Traditional Hatha Yoga Cycle45 - Journey HIIT Core30 Zumba Cycle30 - Begin	09:30 10:45 12.00 12:30 17:15 18:00 18:15 18:20 18:50 19:30 19:30	Main Hall Studio 1 Main Hall Functional Studio Studio 3 Studio 2 Cycle Studio Main Hall Main Hall Main Hall Cycle Studio
THURSDAY	Vinyasa Yoga Combat & Strength Body Conditioning Pilates - Fitness Zumba Gold AquaFit Cycle30 - Speed Cycle45 - Intervals Hatha Yoga Kettlebells30 Insanity	07:30 09:15 10:00 11:00 11:00 12:10 12:30 18:00 19:00 20:00	Studio 1 Studio 1 Main Hall Studio 2 Studio 1 Club Pool Cycle Studio Cycle Studio Studio 1 Functional Studio Studio 3
FRIDAY	Cycle45 - Intervals Fit ball HIIT Cycle30 - Speed Pilates - Traditional Barre HIIT Cycle45 - Intervals	09.15 10.00 12.15 13:00 17.30 18:05 18.30	Cycle Studio Studio 3 Functional Studio Cycle Studio Studio 2 Studio 3 Cycle Studio
SATURDAY	Boxercise Cycle30 - Begin Family Fit	10.30 10.30 11.30	Main Hall Cycle Studio Main Hall
SUNDAY	Cycle45 - Journey Aeromix	09.30 11.15	Cycle Studio Main Hall

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

George H Carnal			
MONDAY	Gentle Aerobic & Tai Chi Simple Circuits Box Fit Yoga (75 Mins)* Yoga (75 Mins)*	10.00 12.00 18.30 18.00 19:15	Balcony Balcony Balcony Training Room 3 Training Room 3
TUESDAY	Yoga (75 Mins)* Pilates Gentle Aerobics Hatha Yoga Body Conditioning Yoga	10.00 12:30 13:45 18:15 18.30 20.00	Training Room 3 Practice Hall Balcony Training Room 3 Balcony Training Room 3
WEDNESDAY	Circuits Pilates Pilates HIIT	09.30 17.30 18:30 19.15	Main Hall Practice Hall Practice Hall Balcony
THURSDAY	Gentle Aerobics & Tai Chi* Pilates Strength & Tone	10.00 18:00 18.30	Main Hall Training Room 3 Balcony
FRIDAY	Pump FX Hatha Yoga Yoga	09.30 18:00 19:15	Balcony Training Room 3 Training Room 3
SATURDAY	Box Fit Core Conditioning (30 Mins)	10.30 11.30	Balcony Balcony

Urmston Leisure Centre			
MONDAY	Aqua Aerobics Spinning Body Blast Aqua Aerobics	14:00 18.30 19:15 20:00	Main Pool Main Hall Main Hall Main Pool
TUESDAY	Circuit Training Zumba	19:00 20:15	Main Hall Main Hall
WEDNESDAY	Spinning Simple Circuits Aqua Aerobics Dodgeball	07.15 11.00 14:00 17.00	Main Hall Main Hall Main Pool Main Hall
THURSDAY	Spinning Box Fit Spinning Aeromix	12.15 18.00 20.15 19:05	Main Hall Main Hall Main Hall Main Pool
FRIDAY	Spinning	07.15	Main Hall
SATURDAY	Family Circuits HIIT (High Intensity Interval Training)	09:30 10:30	Main Hall Main Hall
SUNDAY	Family Spinning	09:00	Main Hall

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