

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	Sports Hall 1	
	Spinning	18:45	Cycle Zone	
TUESDAY	Body Gold	19:00	Move Zone	
	Spinning	19:15	Cycle Zone	
	Pilates	20:00	Move Zone	
	WEDNESDAY	Zumba	09:30	Move Zone
		Kettlecise	10:30	Move Zone
		Aerobics & Tone*	11:15	Upper P Hall
		TAB cycle	12:30	Cycle Zone
Kettlebells		18:15	Move Zone	
TAB cycle		18:15	Cycle Zone	
Core Fit		18:15	Upper P Hall	
THURSDAY	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*	12:15	Upper p Hall	
FRIDAY	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	
	HIIT Step	19:30	Move Zone	
	SATURDAY	Spinning	09:30	Cycle Zone
Total Workout		09:30	Move Zone	
Hatha Yoga		10:30	Move Zone	
TAB cycle		18:15	Cycle Zone	
Aqua Aerobics		19:00	Cycle Zone	
Box Fit		19:00	Main Pool	
Spinning		19:15	Upper P Hall	
SUNDAY	Spinning	10:00	Cycle Zone	
	Begin To Step	10:30	Move Zone	
	Step	11:00	Move Zone	

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
	Spinning	20:15	Main Hall
	Aeromix	19:05	Main Pool
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

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

George H Carnal			
MONDAY	Gentle Aerobic & Tai Chi	10.00	Balcony
	Simple Circuits	12.00	Balcony
	Box Fit	18.30	Balcony
	Yoga (75 Mins)*	18.00	Training Room 3
	Yoga (75 Mins)*	19:15	Training Room 3
TUESDAY	Yoga (75 Mins)*	10.00	Training Room 3
	Pilates	12:30	Practice Hall
	Gentle Aerobics	13:45	Balcony
	Hatha Yoga	18:15	Training Room 3
	Body Conditioning	18:30	Balcony
WEDNESDAY	Yoga	20:00	Training Room 3
	Circuits	09:30	Main Hall
	Pilates	17:30	Practice Hall
	HIIT	18:30	Practice Hall
THURSDAY	HIIT	19:15	Balcony
	Gentle Aerobics & Tai Chi*	10.00	Main Hall
	Strength & Tone	18:00	Training Room 3
FRIDAY	Strength & Tone	18:30	Balcony
	Pump FX	09:30	Balcony
	Hatha Yoga	18:00	Training Room 3
SATURDAY	Yoga	19:15	Training Room 3
	Box Fit	10:30	Balcony
SUNDAY	Core Conditioning (30 Mins)	11:30	Balcony

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
	Body Conditioning	18:30	Studio 1
TUESDAY	Circuit Training	19:15	Main Hall
	Aquafit	20:15	Club Pool
	Cycle45 - Journey	09:30	Cycle Studio
	Gentle Aerobics	09:30	Main Hall
	Pump	10:45	Main Hall
	Aquafit	12:00	Club Pool
	Kettlebells30	12:30	Functional Studio
WEDNESDAY	HIIT	18:00	Functional Studio
	Cycle45 - Journey	18:30	Cycle Studio
	Kettlebells30	19:00	Functional Studio
	Aeromix	19:30	Main Hall
	Pilates - Fitness	19:45	Studio 1
	Body Conditioning	09:30	Main Hall
	Hatha Yoga	10:45	Studio 1
THURSDAY	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	18:20	Main Hall
	Core30	18:50	Main Hall
FRIDAY	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 1
	Zumba Gold	10:00	Studio 1
SATURDAY	Aquafit	12:10	Club Pool
	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
SUNDAY	Fit ball	10:00	Studio 1
	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
	Boxercise	10:30	Main Hall
SUNDAY	Cycle30 - Begin	10:30	Cycle Studio
	Family Fit	11:30	Main Hall
SUNDAY	Cycle45 - Journey	09:00	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, all classes last at least 45 of 55 minutes unless otherwise stated.