

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 Yoga Flow Power HIIT Spinning Aeromix HIIT Step	09:30 09:30 10:45 11:45 12:15 14:00 18:15 18:15 19:00 19:30 19:30	Move Zone Cycle Zone Move Zone Main Pool Upper p Hall Small Pool 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 Hall 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

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 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

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

Sale Leisure Centre			
MONDAY	Cycle45 - Intervals Stretch & Tone Pilates - Traditional HIIT Cycle45 - Journey Body Conditioning Circuit Training Aquafit	09:30 09:45 11:00 12:30 18:30 18:30 19:15 20:15	Cycle Studio Studio 1 Studio 1 Functional Studio Cycle Studio Studio 1 Main Hall Club Pool
TUESDAY	Cycle45 - Journey Gentle Aerobics Pump Aquafit Kettlebells30 HIIT Cycle45 - Journey Kettlebells30 Aeromix Pilates - Fitness	09:30 09:30 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 Circuits Zumba	09:30 10:45 12:00 12:30 17:15 18:00 18:15 18:20 19:30	Main Hall Studio 1 Main Hall Functional Studio Studio 3 Studio 2 Cycle Studio Main Hall Main Hall
THURSDAY	Combat & Strength Body Conditioning Pilates - Fitness Zumba - Stay Active Aquafit Cycle45 - Intervals Cycle45 - Intervals Hatha Yoga Kettlebells30 Insanity	09:15 10:00 11:00 10:00 12:10 12:30 18:00 19:00 19:00 19:15	Studio 1 Main Hall Studio 1 Studio 1 Club Pool Cycle Studio Cycle Studio Studio 1 Functional Studio Studio 3
FRIDAY	Cycle45 - Intervals Fit ball HITT Pilates - Traditional Barre HIIT Cycle45 - Intervals	09.15 10.00 12.15 17.30 18:05 18.30	Cycle Studio Studio 1 Functional Studio Studio 2 Studio 3 Cycle Studio
SATURDAY	Boxercise Cycle45 - Intervals Family Fit - Circuits	10.30 10.30 11.30	Main Hall Cycle Studio Main Hall
SUNDAY	Cycle45 - Journey Aeromix	09.00 11.15	Cycle Studio 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.