Last updated:11-Sep

Prenton class timetable

Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.30-7.00 RIG Fitness Coach - Gym Floor		06:30-07:00 Spin Patrick - Spin Studio	06:30-7:00 Rig Fitness Coach - Gym Floor	06:30-07:00 Spin Patrick - Spinstudio	09:00-10:00 BodyPump Louise - Studio2
08:45-09:30 DanceFit Cathy - Studio1	09:00-10:00 Pilates Diane (P) - Studio1	08:45-09:30 Dancefit Cathy - Studio2	09:15-10:15 Spin Alison - Spin Studio	09:00-09:45 Pilates Diane(P) - Studio1	10:00-11:00 Spin Alison - Spin Studio
09:15-10:15 Spin Alison - Spin Studio	09:15-09:45 Spin Jorik - Spin Studio	09:00-09:45 Pilates Cathy - Studio1	10:00-10:45 Rig Fitness Coach - Gym Floor	09:00-09:45 Tai Chi Zingbo - Studio2	10:15-11:15 BodyBalance Louise - Studio1
09:45-10:30 Pilates Cathy - Studio1	10:00-11:00 Pilates Diane (P) - Studio1	09:15-09:45 Spin Gemma - Spin Studio	10:00-11:00 BodyBalance Sara (B) - Studio2	09:20-10:05 Aqua Sara(A) - Small Pool	11:00-11:45 Zumba Nurul - Studio2
09:30-10:30 L.B.T Vicki - Studio2	10:00-11:00 BodyBalance Sara (B) - Studio2	10:00-11:00 BodyPump Faye - Studio2	10:00-10:45 Aqua Jorik - Small Pool	09:15-09:45 Spin Gemma - Spin Studio	12:00-13:00 Pilates Andrea - Studio1
09:20-10:05 Aqua Jorik - Small Pool	10:00-10:30 Rig Fitness Coach - Gym Floor	10:00-10:45 Aqua Diane (P) - Small Pool	11:00-11:45 Body Pump Sara(C) - Studio2	10:00-10:45 Pilates Diane(P) - Studio1	
10:00-10:30 RIG Fitness Coach - Gym Floor	11:00-11:45 Private Class Diane (P) - Small Pool	11:15-12:00 Dancefit Diane (P) - Studio1	11:00-11:45 Aqua Alison - Small Pool	10:00-10:45 BodyCombat Faye - Studio2	
10:30-11:15 DanceFit Kirsty - Studio2	11:00-11:45 BodyPump Sara (B) - Studio2	13:00-13:45 Aqua Sara (A) - Small Pool	11:30-12:30 Pilates Diane(P) - Studio1	10:00-10:45 RIG Fitness Coach - Gym Floor	
10:45-11:30 Pilates Cathy - Studio1	11:15-12:15 Yoga Sue - Studio1	17:30-18:00 Spin Sara(C) - Spin Studio	14:00-15:00 Yoga Dionne - Studio1	11:00-11:45 Body Pump Faye - Studio2	
11:30-12:15 Aqua Sara (A) - Small Pool	12:00-12:45 Aqua Diane (P) - Small Pool	18:00-18:45 BodyCombat Faye - Studio2	17:30-18:00 Spin Sara(A) - Spinstudio	11:00-11:45 Private Class Diane (P) - Small Pool	
17:00-17:45 L.B.T Vicki - Studio2		18:00-19:00 Pilates Sandra - Studio1	18:00-18:30 Rig Fitnesscoach - Gymfloor	12:00-13-00 Yoga Dionne - Studio1	
					Sunday
17:30-18:15 Spin Sara (A) - Spin Studio	17:30-18:00 Spin Claudia - Spin Studio	19:00-19:45 BodyPump Faye - Studio2	18:00-18:45 BodyBalance Louise - Studio2	12:30-13:15 Aqua Diane (P) - Small Pool	10:00-11:00 Spin Patrick - Spin Studio
18:00-18:30 RIG Fitness Coach - Gym Floor	18:00-18:30 Rig Fitness Coach - Gym Floor		19:00-20:00 Body Pump Louise - Studio2		10:00-11:00 Pilates Kirsty - Studio1
18:00-18:45 Kids Club Vicki - Studio1	18:00-19:00 Pilates Louise - Studio2				11:00-11:30 Rig Fitness Coach - Gymfloor
18:00-18:45 BodyCombat Faye - Studio2	19:00-20:00 BodyPump Louise - Studio2				
19:00-20:00 Yoga Diane (C) - Studio1					
19:00-19:45 BodyPump Faye - Studio2					

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