

Altrincham Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday 6:00 - 22:00				Tuesday 6:00 - 22:00			
6:30-7:30	Strength & Conditioning	Christian	Gym Floor/Studio	6:30-7:00	Spin	Steve	Spin Studio
9:30-10:15	Pilates	Hollie	Mind and Body	9:30-10:15	Spin	Lauren	Spin Studio
9:30-10:15	Spin: Coach by Colour	Gerald	Spin Studio	9:30-10:30	Body Tone	Maxine	Studio 2
9:30-10:15	Synrgy 360	Fitness Coach	Gym Floor	10:30-11:30	Yoga	Lauren	Mind and Body
9:45-10:30	Body Tone	Sandra	Studio 2	10:35-11:20	Stretch	Maxine	Studio 2
10:30-11:15	Aqua	Toni	Small Pool	13:00-14:00	Aqua	Angela	Small Pool
10:35-11:20	Zumba	Sandra	Studio 2	13:00-14:00	Yoga	Janet	Mind and Body
18:30-19:15	Spin: Coach by Colour	Katherine	Spin Studio	17:45-18:30	Strength and Conditioning	Gerald	Studio 2
18:30-19:15	Les Mills Body Pump	Lorna	Studio 1	18:00-19:00	Yoga	Karen	Mind and Body
18:30-19:15	Zumba	Faiza	Studio 2	18:30-19:15	Spin: Coach by Colour	Victoria	Spin Studio
19:00-19:45	Aqua	Amaia	Small Pool	18:30-19:15	L.B.T	James	Studio 2
19:30-20:30	Les Mills Body Balance	Gaynor	Mind and Body	19:15-20:15	Pilates	Amaia	Mind and Body
Wednesday 6:00 - 22:00				Thursday 6:00 - 22:00			
6:30-7:15	Bootcamp	Fitness Coach	Gym Floor	9:15-10:15	Pilates	Toni	Mind and Body
9:15-10:15	Pilates	Toni	Mind and Bod	9:30-10:15	Spin	Katie	Spin Studio
9:30-10:15	Spin: Coach by Colour	Gerald	Spin Studio	10:30-11:15	Body Tone	Toni	Studio 2
9:30-10:15	Synergy 360	Fitness Coach	Gym Floor	10:30-11:30	Yoga	Janet	Mind and Body
10:30-11:15	Aqua	Maxine	Small Pool	13:30-14:15	Aqua	Amaia	Small Pool
10:30-11:15	Zumba	Toni	Studio 2	16:00-17:00	Pilates	Maxine	Mind and Body
11:00-12:00	Pilates	Maxine	Mind and Body	17:30-18:30	Strength and Conditioning	Gerald	Gym Floor
13:00-14:00	Yoga	Louise	Mind and Body	18:30-19:15	Les Mills Body Pump	Rebecca	Studio 2
17:30-18:30	Yoga	Louise	Mind and Body	18:30-19:15	Spin: Coach by Colour	Gerald	Spin Studio
18:00-18:45	Spin	James	Spin Studio	19:30-20:15	Les Mills Body Pump	James	Studio 2
18:00-18:45	Body Tone	Bertrand	Studio 2	19:30-20:30	Yoga - Vinyasa Flow	Charlotte	Mind and Body
19:00-19:45	Les Mills Body Pump	Bertrand	Studio 2	Saturday 8:00 - 19:00			
19:00-20:00	Pilates	Toni	Mind and Body	9:15-10:00	Spin	George	Spin Studio
Friday 6:00 - 21:00				9:30-10:30	Yoga	Melanie	Mind and Body
6:30-7:15	Bootcamp	Fitness Coach	Gym Floor	10:00-10:45	Body Tone	Toni	Studio 2
9:00-10:00	Pilates	Kathy	Mind and Body	10:00-10:45	Zumba	Rachael	Studio 2
9:30-10:15	Spin: Coach by Colour	James	Spin Studio	11:00-12:00	Pilates	Toni	Mind and Body
9:30-10:15	Zumba	Toni	Studio 2	Sunday 8:00 - 19:00			
9:30-10:15	Synrgy 360	Fitness Coach	Gym Floor	10:00-10:45	Tai Chi	Don	Mind and Body
10:30-11:30	Yoga - Iyengar	Lauren	Mind and Body	10:15-11:00	Functional Fitness	George	Studio 2
11:00-11:45	Body Blast	Han	Studio 2	11:00-11:45	Zumba	Don	Studio 1
17:30-18:15	Boxing Circuit	Gerald	Gym Floor	11:00-11:45	Core	George	Studio 2
18:00-19:00	Pilates	Fitness Coach	Mind and Body	11:15-12:15	Yoga	Angela	Mind and Body
				11:15-12:15	Spin: Coach by Colour	Victoria	Spin Studio