

Bolton Class Timetable

Last updated: October 2024. Please note that weekly class timetables are subject to change.

totalfitness

Monday		6:00 - 22:00	
6:15-7:00	Spin	Scott	Spin Studio
6:30-7:00	H.I.I.T	Fitness Coach	Gym Floor
7:05-7:25	Core	Fitness Coach	Gym Floor
9:30-10:00	H.I.I.T	Fitness Coach	Gym Floor
9:45-10:30	Zumba	Zoey	Studio 2
10:05-10:25	Core training	Fitness Coach	Gym Floor
10:00-10:45	Pain managment	Matt	Gym Floor
10:35-11:20	Pilates	Zoey	Studio 2
12:30-13:15	Aqua	Sam	Small pool
17:30-18:00	Core Training	Fitness Coach	Studio 2
18:00-18:45	Spin	Scott	Spin Studio
18:00-18:45	Les Mills Body Pump	Michelle	Studio 2
18:00-18:30	H.I.I.T	Fitness Coach	Gym Floor
18:50-19:35	Les Mills Body Combat	Michelle	Studio 2

Wednesday		6:00 - 22:00	
6:15-7:00	Spin	Scott	Spin Studio
06:30-7:00	H.I.I.T	Fitness Coach	Gym Floor
7:05-7:25	Core	Fitness Coach	Gym Floor
9:30-10:00	H.I.I.T	Fitness Coach	Gym Floor
9:45-10:30	Les Mills Body Pump	Ann-michelle	Studio 2
10:20-10:40	Core	Fitness Coach	Gym Floor
10:00-10:45	Aqua	Andrea	Small Pool
10:30-11:30	Pilates	Ann-michelle	Studio 2
11:00-12:00	Aqua	Andrea	Small Pool
17:30-18:00	Core	Scott	Studio 2
18:00-18:45	Spin	Scott	Spin Studio
18:00-18:45	Les Mills Body Pump	Emma	Studio 2
18:00-18:30	H.I.I.T	Fitness Coach	Gym Floor
18:50-19:35	Les Mills Body Combat	Emma	Studio 2

Friday		6:00 - 21:00	
6:15-6.45	Boot Camp	Shauna	Gym Floor
6:50-7:20	Core	Fitness Coach	Gym Floor
9:30-10:15	Strength & Conditioning	Shirley	Studio 2
9:30-10:00	H.I.I.T	Fitness Coach	Gym Floor
9:30-10:15	Pain Management	Sarah	Studio 1
10:05-10:25	Core	Fitness Coach	Gym Floor
10:20-11:05	Dance Fit	Shirley	Studio 2
12:30-13:15	Aqua	Annalise	Small Pool
17:30-18:15	Spin	Lucy	Spin
17:30-18:15	H.I.I.T	Fitness Coach	Gym Floor
18:05-18:25	Core	Fitness Coach	Gym Floor
18:15-18:45	Spin	Lucy	Spin

Tuesday		6:00 - 22:00	
6:15-7:00	Boxing	Shauna	Studio 2
6:30-7:00	H.I.I.T	Fitness Coach	Gym Floor
7:05-7:25	Core	Fitness Coach	Gym Floor
9:30-10:00	H.I.I.T	Fitness Coach	Gym Floor
9:45-10:30	Zumba	Andrea	Studio 1
9:45-10:30	Pilates	Kirsten	Studio 2
10:05-10:25	Core	Fitness Coach	Gym Floor
10:40-11:25	Strength & Conditioning	Karen	Studio 2
10:45-11:30	Aqua	Andrea	Small Pool
11:30-12:15	Tai Chi	Shirley	Mind & Body Studio
11:45-12:30	Aqua	Andrea	Small Pool
17:30-18:00	Spin	Lucy	Spin Studio
18:00-18:45	Dance fit	Shirley	Studio 2
17:30-18:00	H.I.I.T	Fitness Coach	Gym Floor
18:05-18:25	Core	Fitness Coach	Gym Floor
18:50-19:40	Yoga	Shirley	Studio 2

Thursday		6:00 - 22:00	
6:15-6:45	HITT	Shauna	Gym Floor
6:50-7:20	Core	Fitness Coach	Gym Floor
9:30-10:15	Les Mills Body Combat	Michelle	Studio 1
9:30-10:15	Zumba	Mariana	Mind & Body
9:30-10:00	H.I.I.T	Fitness Coach	Gym Floor
10:05-10:25	Core	Fitness Coach	Gym Floor
10:20-11:20	Yoga	Fitness Coach	Mind and Body
10:30-11:15	Aqua	Michelle	Small Pool
17:30-18:00	H.I.I.T	Fitness Coach	Gym Floor
18:00-18:45	Spin	Dean	Spin
18:05-18:25	Core	Fitness Coach	Gym Floor
18:45-19:30	Pilates	Lisa	Mind & Body Studio

Saturday		8:00 - 19:00	
9:00-9:30	Family Spin	Lucy	Spin Studio
9:30-10:15	Spin	Lucy	Spin Studio
10:00-10:45	Les Mills Body Combat	Michelle	Studio 2
11:00-11:45	Les Mills Body Pump	Michelle	Studio 2

Sunday		8:00 - 19:00	
10:00-10:30	H.I.I.T	Gaynor	Studio 2
10:35-11:20	Les Mills Body Balance	Gaynor	Mind & Body Studio