

Chester Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday		6:00 - 22:00	
08:30-09:00	Metafit	Helena	Lower gym floor
09:15:10:00	L.B.T	Rochelle	Lower gym floor
10:00-11:00	Thai Chi	Xing Bo	Studio 2
10:00:10:45	Spin	Sarah	Spin Studio
11:15-12:00	Functional Fitness	Rochelle	studio 2
12:15-13:00	Aqua	Alison	Small Pool
12:30-13:30	Pilates	Tamsin	Studio 2
13:45-14:00	Pilates	Tamsin	Studio 2
17:30-18:00	Core	Alison	Studio 2
18:00-18:45	Pilates	Luos	Mind & Body
18:00-18:45	Spin	Linda	Spin Studio
18:00-19:00	L.B.T	Alison	Studio 2
19:00-19:45	Aerobics	Kirsten	Studio 2
19:00-20:15	Yoga -Vinyasa Flow	Aly	Mind & Body
19:15-20:00	Boot Camp	Sab	Lower gym floor
19:15-20:00	Aqua	Alison	Small Pool

Wednesday		6:00 - 22:00	
06:30-07:15	Spin: Coach By Colour	Simon S	Spin Studio
09:00-09:45	Les Mills Body Pump	Sarah	Studio 2
10:00-10:45	Spin	Sarah	Spin Studio
10:00-11:30	Yoga - Hatha	Vivienne	Mind & Body
10:00-11:00	Functional Fitness	Sab	Lower gym floor
11:00-12:00	Thai chi	Xing Bo	Studio 2
12:15-13:00	Aqua	Alison	Small Pool
12:15-13:15	Pilates	Tamsin	Studio 2
18:00-18:45	Spin	Alison	Spin Studio
18:00-18:45	H.I.I.T	Rochelle	Lower gym floor
19:15-20:00	Aqua	Alison	Small Pool

Friday		6:00 - 21:00	
07:00-07:30	Strength & Conditioning	Sab	Lower gym floor
09:15-10:00	Spin	Sarah	Spin Studio
10:00-11:00	Yoga - Hatha	Luos	Mind & Body
10:00-11:00	Functional Fitness	Sab	Lower gym floor
10:15-11:00	Les Mills BodyPump	Sarah	Studio 2
11:00-11:45	Aqua	Alison	Small Pool
11:15-12:00	Les Mills BodyBalance	Sarah	Studio 2
12:00-12:45	Aqua	Alison	Small Pool
18:00-18:45	Spin	Sarah	Spin Studio

Tuesday		6:00 - 22:00	
07:00-07:30	Metafit	Helena	Lower gym floor
09:00-09:45	Stretch	Aly	Mind & Body
09:00-09:45	Spin	Alison	Spin Studio
09:15-10:00	Functional Fitness	Rochelle	Lower gym floor
10:00-10:45	Aqua	Alison	Small Pool
10:00-10:45	Yoga - Hatha	Aly	Mind& Body
10:00-10:45	Zumba Gold	Yvonne	Studio 2
11:15-12:00	BodyTone	Alison	Studio 2
17:30-18:00	Core	Alison	Studio 2
18:00-18:45	Spin	Sarah	Spin Studio
18:00-19:3	Yoga - Hatha	Steph	Mind & Body
19:30-20:30	Swim Fit	Dave	Main Pool

Thursday		6:00 - 22:00	
06:45-07:30	Bootcamp	Simon S	Lower gym floor
08:00-08:45	Strength & conditioning	Sab	Lowergym floor
09:00-09:45	Spin	Alison	Spin Studio
10:00-10:45	Aqua	Alison	Small Pool
10:00-11:00	Yoga - Hatha	Luos	Mind & Body
11:15-12:00-	Body Tone	Alison	Studio 2
13:00-14:00	Pilates	Joy	Studio 2
17:30-18:15	LesMills BodyBalnce	Sarah	Studio 2
18:00-18:45	Strength & Conditioning	Helena	Lower gym floor
18:00-19:00	Yoga - Hatha	Alyson	Mind & Body
18:30-19:15	Spin	Sarah	Spin Studio
18:30-19:15	Dance Fit	Kirsten	Studio 2
19:00-20:00	Swim Fit	Dave	Main Pool

Saturday		8:00 - 19:00	
09:00-09:45	Spin: Coach by Colour	Sarah	Spin Studio
10:00-11:00	Yoga - Hatha	Tamsin	Mind & Body
10:00-10:45	Spin	Sarah	Spin Studio
10:15-11:00	Strength & Conditioning	Sab	Lower gym floor
11:00-11:45	LesMills BodyPump	Sarah	Studio 2
12:30-13:30	Fit Kids (4-10yrs)	Sab	Studio 2

Sunday		8:00 - 19:00	
10:00-10:45	Spin	Sarah	Spin Studio
11:00-11:45	LesMills BodyPump	Sarah	Studio 2
12:00-12:45	LesMills BodyBalance	Sarah	Studio 2