

Wilmslow Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

Monday 6:00 - 22:00			
6:30-7:00	MetaFit	Mat	Studio 1
7:00-7.45	Spin - Coach By Colour	Natalie	Spin Studio
9:00-9:55	Bootcamp	Mandy	Studio 1
9:15-10:00	Aqua	Maria	Small Pool
9:15-10:00	Strength&Conditioning	Lottie	Studio 2
9:30-10:30	Yoga - Hatha	Jeanette	Mind and Body
10:00-10:55	Step	Mandy	Studio 1
10:15-11:00	Aqua	Maria	Small pool
11:00-11:45	Pilates	Maria	Mind and Body
11:00-11:55	Body Tone	Mandy	Studio 1
11.30-12:00	Aqua HiIT	Aisha	Small Pool
12:15-12:45	Meditation	Aisha	Mind and Body
12:30-13:00	Bootcamp	FC	Rigg
13:00-13:45	Dance Fit	Stuart	Studio 1
14:00-14:55	Body Tone	Stuart	Studio 1
17:15-18:00	Spin: coach by colour	Hannah	Spin Studio
17:30-18:15	Les Mills Body Combat	Amy	Studio 2
18:00-18:45	Body tone	Maria	Studio 1
18:15-19:00	Spin: Coach By Colour	Lauren	Spin Studio
18:30-19:15	Les Mills Body Pump	Amy	Studio 2
19:00-19:45	Bootcamp	natalie	Studio 1
19:00-20:00	Yoga - Iyengar	Lauren	Mind And Body
19:30-20:15	Zumba	Rachael	Studio 2
19:30-20:30	Swim Fit	Sam	Main Pool
20:30-21:00	SoundBath	Hannah	Mind And Body

Wednesday 6:00 - 22:00			
6.30-7:00	Synergy Rig	FC	Rig
7:00-7:45	Spin: Coach By Colour	Natalie	Spin Studio
8:15-8:45	Meditation	Aisha	Mind And body
9:30-10:15	Aqua	Maria	Small Pool
9:30-10:30	Step	Mandy	Studio 1
9:30-10:15	Spin	James	Spin Studio
10:30-11:15	Zumba Gold	Aisha	Studio 2
10:30-11:30	Body Tone	Mandy	Studio 1
10:00-10:45	Yoga - Hatha	Sarah	Mind And Body
11:15-12:00	Dance Fit	Aisha	Studio 2
12:00-12:45	Stretch - Functional	Sarah	Mind And Body
12:30-12:00	Bootcamp	Toby	Rig
12:45-13:30	Aqua	Liz	Small Pool
13:30-14:15	pilates	Sandra	Mind And Body
17:00-17:45	Spin	David	Spin Studio
17:45-18:00	Body Tone	Maria	Studio 2
18:00-18:45	Spin: Coach By Colour	Adele	Spin Studio
18:00-19:00	Strength And Conditioning	Lotte	Rig
18:00-18:45	Les Mills Body Attack	Anna	Studio 1
19:00-19:45	Les Mills Body Pump	Anna	Studio 1
19:00-20:00	Les Mills Body Balance	Gaynor	Mind And Body
19:00-20:00	Swim Fit	Sam	Main Pool

Friday 6:00 - 21:00			
6.30-7:00	Bootcamp	FC	Studo 1
7:15-8:00	Spin:Coach By Colour	Mat	Spin Studio
9:00-9:45	Body Blast	Stuart	Studio 1
9:30-10:15	Les Mills Body Pump	Rebecca L	Studio 2
9:30-10:30	Yoga - vinyasa Flow	Lucy	Mind and Body
10:00-10:45	Aerobics	Stuart	Studio 1
10:45-11:30	Yoga - Yin	Lucy	Mind And Body
11:00-11:45	Toal Spin	Dave	Spin Studio
11:00-12:00	Body Tone	Stuart	Studio 1
11:0-11:45	Aqua	April	Small Pool
12:00-12:45	Aqua	April	Small Pool
12:00-12:45	Pilates	Liz	Mind And Body
13:00-13:45	Pilates	Liz	Mind And Body
17:00-18:00	Yoga - Iyengar	Lauren	Mind And Body
17:30-18:15	Les Mills Body Pump	Amy	Studio 2
18:00-19:00	Bootcamp	Mandy	Studio 1
19:00-20:00	Swif Fit	Sam	Main Pool

Tuesday 6:00 - 22:00			
6:30-7:00	Synergy Rig	FC	Rig
7:00-7:45	Total Spin	James	Spin Studio
9:00-9:30	Spin:Coach By Colour	Susie	Spin Studio
9:30-10:15	Traditional Yoga	George	Mind and Body
9:30-10:30	Body Tone	Lottie	Studio 2
10:00-10:45	Body Tone	Liz	Studio 1
10:00-10:45	Aqua	April	Small Pool
10:45-11:45	Yoga-Vinyasa Flow	George	Mind And Body
11:00-11:45	Body Tone	Liz	Studio 2
11:00-11:45	Aqua	April	Small Pool
11:00-12:00	Step	Mandy	Studio 1
12:00-13:00	Trigger Point Pilates	Aisha	Studio 2
12:15-13:15	Yoga - Iyengar	Lauren	Mind And Body
17:30-18:00	Spin:Coach By Colour	Lauren	Spin Studio
18:00-19:00	Bootcamp	Mandy	Studio 1
18:00-18:45	Athletic Pilates	Susie	Mind And Body
18:00-18:45	Dance Fit	Aisha	Studio 2
19:00-19:45	Spin:Coach By Colour	Adam	Spin Studio
19:00-19:45	Running Club	Coach Parker	Track
19:45-20:45	Yoga - Vinyasa Flow	Helen	Mind And Body

Thursday 6:00 - 22:00			
6:30-7:00	Synergy Rig	FC	Rig
7:00-7:45	Spin:Coach By Colour	Natalie	Spin Studio
9:15-10:00	Pilates	Maria	Mind And Body
9:15-9:45	MetaFit	Hannah	Studio 1
10:15-11:15	Body Tone	Maria	Studio 1
10:15-11:15	Yoga- Hatha	Jeanette	Mind And body
10:15-11:00	Synergy rig	Natalie	Rig
11:00-11:45	Aqua	Liz	Small Pool
12:15-13:15	pilates	Liz	Mind And Body
13:00-14:00	Tai Chi	Joseph	Studio 2
13:30-14:30	Piates	Aisha	Mind And Body
13:30-14:30	Aqua	Liz	Small Pool
17:30-18:15	Spin: Coach By Colour	Susie	Spin Studio
17:00-17:45	Kettlebells	Adam	Studio 2
18:00-18:45	Les Mills Body Attack	Anna	Studio 1
19:00-20:00	Yoga - Vinyasa	Aisha	Mind And Body
19:00-19:45	Les Mills Body Pump	Anna	Studio 1
19:00-19:45	Running Club	Coach Parker	Track
20:30-21:00	Sound Bath	Hannah	Mind And Body

Saturday 8:00 - 19:00			
9:00-9:45	Pilates	Aisha	Mind And Body
9:00-9:45	Boxing Circuit	Jordan	Studio 1
9:15-10:15	Total Spin	David	Spin Studio
9:15-10:15	Zumba	Rachael	Studio 2
10:00-10:45	Synergy rig	FC	Rig
10:00-10:45	Les Mills Body Pump	Anna	Studio 1
10:15-11:00	Yoga - Vinyasa Flow	Sarah	Mind And Body
11:00-11:45	Step	Mandy	Studio 1
11:15-12:00	Barre Pilates	Sarah	Mind And Body
13:00-14:00	Yoga - Yin	Helen	Mind And Body

Sunday 8:00 - 19:00			
9:00-10:00	Spin:Coach By Colour	Jamie/Mary	Spin Studio
10:00-10:45	Total Spin	David	Spin studio
10:00-10:45	Les Mills Body Attack	Anna	Sudio 1
09:45-10:45	Traditional Yoga	Azadeh	Mind And Body
11:00-11:45	Les Mills Body Pump	Anna	Studio 1
11:00-11:45	Athletic Pilates	Susie	Mind And Body
11:00-11:45	Synergy Rig	FC	Rig