

Wrexham Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday 6:00 - 22:00

6:30-7:30	Rig	Fitness Coach	Gym Floor
9:30-10:15	Body Blast	Rob	Studio 1
10:30-11:00	Rig	Fitness Coach	Gym Floor
10:30-11:00	Yoga	Phillipa	Mind and Body
11:30-12:15	Aqua	Lindsay	Small Pool
11:45-12:15	Pilates	Viv	Mind and Body
13:30-14:15	Aqua	James	Small Pool
17:45-18:15	Body Blast	Natalie	Studio 1
18:00-18:45	Spin	Amanda	Spin Studio
19:00-19:45	Les Mills Body Combat	Amanda	Studio 1
19:00-19:30	Rig	Fitness Coach	Gym Floor
19:00-20:30	Yoga	Stephanie	Mind and Body

Wednesday 6:00 - 22:00

6:30-7:00	Rig	Fitness Coach	Gym Floor
9:30-10:15	Spin	Amande	Spin Studio
9:30-10:15	Body Blast	Donna	Studio 1
10:30-11:30	Pilates	Donna	Studio 1
10:45-11:30	Aqua	Lindsay	Small Pool
11:45-12:30	Aqua	Donna	Small Pool
12:00-13:00	Movement and Mobility	Angela	Lower Gym
17:30-18:00	Metafit	Kieron	Studio 1
18:00-18:45	Spin	Kieron	Spin Studio
18:15-19:00	Boxercise	Bellamy	Studio 1
19:00-19:30	Kettlebells	Bellamy	Studio 1
19:30-20:00	Rig	Fitness Coach	Gym Floor
19:00-20:30	Yoga	Stephanie	Mind and Body

Friday 6:00 - 21:00

06:30-7:00	Strength and Conditioning	Geogia	Studio 1
9:30-10:15	Spin	Amanda	Spin Studio
9:30-10:30	Les Mills Body Pump	Tracey	Studio 1
10:45-11:45	Pilates	Angela	Studio 2
10:45-11:30	Aqua	Angela	Small Pool
12:00-12:45	Aqua	Natalie	Small Pool
12:00-13:00	Tai Chi	Ruth	Studio 1
17:15-17:45	Rig	Fitness Coach	Gym Floor
17:45-18:30	Spin	Amanda	Spin Studio

Tuesday 6:00 - 22:00

9:30-10:15	LBT	Natalie	Studio 1
10:30-11:30	Stretch	James	Mind and Body
11:45-12:30	Aqua	Natalie	Small Pool
13:00-13:45	Pilates	Lucy	Mind and Body
17:30-18:00	MetaPro	Kieron	Studio 1
18:00-18:45	Spin	Rob	Spin Studio
18:15-19:15	Les Mills Body Pump	Tracey	Studio 1
19:30-20:15	Aqua	Tracey	Small Pool

Thursday 6:00 - 22:00

6:30-7:00	Bootcamp	Fitness Coach	Studio 1
8:30-9:15	Pilates	Lucy	Mind and Body
9:20-10:05	Functional Fitness	Amanda	Studio 1
10:15-11:00	Les Mills Body Combat	Amanda	Studio 1
10:30-12:00	Yoga	Stephanie	Mind and Body
11:15-12:00	Aqua	Georgia	Small Pool
12:30-13:15	Dance Fit	Lucy	Mind and Body
17:00-17:45	LBT	Georgia	Studio 1
17:45-18:30	Spin	James	Spin Studio
17:45-18:30	Kettlebells	Bellamy	Studio 1
19:00-20:30	Yoga	Stephanie	Mind and Body

Saturday 8:00-19:00

08:30-9:00	Body Tone	Natalie	Studio 1
09:00-10:00	Body Combat	Tracey	Studio 1
9:15-10:00	Spin	Maureen	Spin Studio
10:00-10:45	Body Blast	Maureen	Studio 1
11:00-11:30	Rig	Fitness Coach	Gym Floor

Sunday 8:00-19:00

9:00-9:45	Les Mills Body Pump	Tracey	Studio 1
10:00-11:30	Yoga	Stephanie	Mind and Body
10:30-11:15	Spin	Tracey	Spin Studio
11:15-11:45	Rig	Fitness Coach	Gym Floor