

Walkden class timetable

Last updated: June
Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 - 07:00 Synrgy 360 Fitness Coach - Gym Floor	06:30 - 07:00 Synrgy 360 Fitness Coach - Gym Floor	06:30 - 07:00 Synrgy 360 Fitness Coach - Gym Floor	06:30 - 07:00 Synrgy 360 Fitness Coach - Gym Floor	06:30 - 07:00 Synrgy 360 Fitness Coach - Gym Floor	08:30 - 09:15 Spin Karolina - Spin Studio
09:30 - 10:00 Synrgy 360 Fitness Coach - Gym Floor	09:30 - 10:00 Synrgy 360 Fitness Coach - Gym Floor	09:30 - 10:00 Synrgy 360 Fitness Coach - Gym Floor	09:30 - 10:00 Synrgy 360 Fitness Coach - Gym Floor	09:30 - 10:00 Synrgy 360 Fitness Coach - Gym Floor	09:30 - 10:15 Les Mills Body Pump Karolina - Studio 2
09:45 - 10:30 Aqua Marika - Small Pool	10:30 - 11:15 Zumba Gold Gabriella - Studio 2	10:00 - 11:00 Les Mills Body Pump Leanne - Studio 2	10:15 - 11:15 Stretch Marika - Studio 2	10:00 - 10:45 Les Mills Body Balance Sheryl - Studio 1	10:30 - 11:15 Pilates Karolina - Studio 2
10:15 - 11:15 Yoga Kristina - Studio 1	11:20 - 12:15 Body Tone Gabriella - Studio 2	12:45 - 13:30 Aqua Chelsea - Small Pool	11:30 - 12:15 Zumba Gold Marika - Studio 2	10:00 - 11:00 Les Mills Body Pump Leanne - Studio 2	12:00 - 12:45 Synergy 360 Fitness Coach - Gym Floor
11:00 - 11:45 L.B.T Marika - Studio 2	12:15 - 13:00 Aqua Sam - Small Pool	17:15 - 18:15 Fitkids 4-10yrs Jai - Studio 1	12:30 - 13:10 Aqua Zumba Marika - Small Pool	10:45 - 11:45 Pilates Sheryl - Studio 1	Sunday
11:50 - 12:50 Tai Chi Tina - Studio 1	17:15 - 18:15 Fitkids 4-10yrs Tracy - Studio 1	17:30 - 18:00 Les Mills Body Combat Karolina - Studio 2	17:15 - 18:15 Fitkids 4-10yrs Jai - Studio 1	12:00 - 12:45 Aqua Sheryl - Small Pool	
12:00 - 12:40 Aqua Marika - Small Pool	17:15 - 18:00 Spin Pedro - Spin Studio	17:30 - 18:15 Synrgy 360 Fitness Coach - Gym Floor	17:15 - 18:00 Spin (Advance) Pedro - Spin Studio	12:00 - 12:45 Zumba Gold Gabriella - Studio 2	
17:15 - 18:15 Fitkids 4-10yrs Tracy - Studio 1	17:30 - 18:15 Synrgy 360 Fitness Coach - Gym Floor	18:15 - 19:00 Aqua Aneta - Small Pool	17:30 - 18:15 Les Mills Body Combat Karolina - Studio 2	17:30 - 18:15 Synrgy 360 Fitness Coach - Gym Floor	
17:15 - 17:55 Strength & Conditioning Pedro - Studio 2	17:30 - 18:15 Les Mills Body Pump Kelly - Studio 2	18:15 - 19:00 Spin Karolina - Spin Studio	17:30 - 18:15 Synrgy 360 Fitness Coach - Gym Floor		
17:30 - 18:15 Synrgy 360 Fitness Coach - Gym Floor	18:15 - 19:00 L.B.T Kelly - Studio 2	19:00 - 20:00 Yoga: Restful/Relaxing Lelia - Studio 2	18:00 - 19:00 Boxing Circuit Rob - Boxing Area		
18:00 - 18:45 Les Mills Body Combat Claire - Studio 2	18:15 - 19:00 Spin Pedro - Spin Studio	19:15 - 20:00 Aqua Karolina - Small Pool	18:15 - 19:00 Spin Pedro - Spin Studio		
18:00 - 18:45 Spin Pedro - Spin Studio	18:30 - 19:30 Glute Camp Hannah - Squad Area	19:15 - 20:00 L.B.T Aneta - Studio 1	18:20 - 19:05 Les Mills Body Pump Karolina - Studio 2		
19:00 - 19:45 Body Blast Pedro - Gym Floor	19:15 - 20:15 Yoga: Vinyasa Kristina - Studio 2		18:30 - 19:15 Zumba Aneta - Studio 1		
19:00 - 19:45 Les Mills Body Pump Claire - Studio 2			19:00 - 20:00 Boxing Circuit Rob - Boxing Area		
19:00 - 20:00 Pilates Pam - Studio 1			19:30 - 20:15 Aqua Aneta - Small Pool		08:30 - 09:15 Les Mills Body Combat Karolina - Studio 2
					08:45 - 09:15 Beginners Spin Pedro - Spin Studio
					09:30 - 10:15 Les Mills Body Pump Karolina - Studio 2
					09:30 - 10:15 Spin Pedro - Spin Studio
					10:30 - 11:15 HIIT Pedro - Gym Floor
					10:30 - 11:15 Les Mills Body Balance Karolina - Studio 2
					11:15 - 11:45 Core Pedro - Gym Floor
					11:45 - 12:45 Yoga: Vinyasa Andrea - Studio 2
					12:00 - 12:45 Synrgy 360 Fitness Coach - Gym Floor