

Wilmslow 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 MetaFit Mat - Studio 1	06:30 - 07:00 Synrgy Rig Fitness Coach - Rig	06:30 - 07:00 Synrgy Rig Fitness Coach - Rig	06:30 - 07:00 Synrgy Rig Fitness Coach - Rig	06:30 - 07:00 MetaFit Nat - Studio 1	09:00 - 09:45 Pilates Aisha - Mind & Body
07:00 - 07:45 Spin: Coach by Colour Natalie - Spin Studio	09:00 - 09:30 Spin: Coach by Colour Susie - Spin Studio	07:00 - 07:45 Spin: Coach by Colour Natalie - Spin Studio	09:15 - 09:45 MetaFit Jordan - Studio 1	07:15 - 08:00 Total Spin Jordan - Spin Studio	09:00 - 09:45 Boxing Circuit Jordan - Studio 1
09:00 - 09:55 Bootcamp Mandy - Studio 1	09:30 - 10:15 Yoga: Traditional George - Mind & Body	08:15 - 08:45 Meditation Aisha - Mind & Body	09:15 - 10:00 Pilates Maria - Mind & Body	09:00 - 09:45 Body Blast Stuart - Studio 1	09:15 - 10:15 Total Spin David - Spin Studio
09:15 - 10:00 Aqua Maria - Small Pool	09:30 - 10:30 Body Blast Lottie - Studio 2	09:30 - 10:15 Aqua Maria - Small Pool	10:15 - 11:15 Body Tone Maria - Studio 1	09:30 - 10:15 Les Mills Body Pump Rebecca L - Studio 2	09:15 - 10:15 Zumba Rachael - Studio 2
09:15 - 10:00 Strength & Conditioning Lottie - Studio 2	10:00 - 10:45 Body Tone Liz - Studio 1	09:30 - 10:30 Step Mandy - Studio 1	10:15 - 11:15 Yoga: Hatha Jeanette - Mind & Body	09:00 - 10:00 Yoga: Vinyasa Flow Lucy - Mind & Body	10:00 - 10:45 Synrgy Rig Fitness Coach - Rig
9:30 - 10:30 Yoga: Hatha Jeanette - Mind & Body	10:00 - 10:45 Aqua April - Small Pool	09:30 - 10:15 Spin James - Spin Studio	10:15 - 11:00 Synrgy Rig Natalie - Rig	10:00 - 10:45 Aerobics Stuart - Studio 1	10:00 - 10:45 Les Mills Body Pump Anna - Studio 1
10:00 - 10:55 Step Mandy - Studio 1	10:45 - 11:45 Yoga: Vinyasa Flow George - Mind & Body	10:30 - 11:15 Zumba Gold Aisha - Studio 2	11:00 - 11:45 Aqua Liz - Small Pool	10:30 - 11:15 Yoga: Yin Lucy - Mind & Body	10:15 - 11:00 Yoga: Vinyasa Flow Sarah - Mind & Body
10:15 - 11:00 Aqua Maria - Small Pool	11:00 - 11:45 Strength & Conditioning Liz - Studio 2	10:30 - 11:30 Body Tone Mandy - Studio 1	12:15 - 13:15 Pilates Liz - Mind & Body	11:15 - 12:00 Total Spin David - Spin Studio	11:00 - 12:00 Step Mandy - Studio 1
11:00 - 11:45 Pilates Maria - Mind & Body	11:00 - 11:45 Aqua April - Small Pool	11:00 - 11:45 Yoga: Hatha Sarah - Mind & Body	13:00 - 14:00 Tai Chi Joseph - Studio 2	11:00 - 12:00 Body Tone Stuart - Studio 1	11:15 - 12:00 Barre Pilates Sarah - Mind & Body
11:00 - 12:00 Body Tone Mandy - Studio 1	11:00 - 12:00 Step Mandy - Studio 1	11:15 - 12:00 DanceFit Aisha - Studio 2	13:30 - 14:30 Pilates Aisha - Mind & Body	11:00 - 11:45 Aqua April - Small Pool	13:00 - 14:00 Yoga: Yin Helen - Mind & Body
11:30 - 12:00 Aqua HIIT Aisha - Small Pool	12:00 - 13:00 Trigger Point Pilates Aisha - Studio 2	12:00 - 12:45 Stretch (Functional) Sarah - Mind & Body	13:30 - 14:15 Aqua Liz - Small Pool	12:00 - 12:45 Aqua April - Small Pool	
12:15 - 12:45 Meditation Aisha - Mind & Body	12:15 - 13:15 Yoga: Iyengar Lauren - Mind & Body	12:30 - 13:00 Bootcamp Toby - Rig	17:30 - 18:15 Spin: Coach by Colour Susie - Spin	12:00 - 12:45 Pilates Liz - Mind & Body	
13:00 - 13:45 DanceFit Stuart - Studio 1	17:30 - 18:00 Spin: Coach by Colour Lauren - Spin Studio	12:45 - 13:30 Aqua Liz - Small Pool	17:00 - 17:45 Kettlebell Jordan - Studio 2	13:00 - 13:45 Pilates Flow Liz - Mind & Body	09:00 - 10:00 Spin: Coach by Colour Mary - Spin Studio
14:00 - 14:45 Body Tone Stuart - Studio 1	18:00 - 19:00 Bootcamp Mandy - Studio 1	13:30 - 14:15 Pilates Sandra - Mind & Body	18:00 - 18:45 Les Mills Body Attack Anna - Studio 1	17:00 - 18:00 Yoga: Iyengar Lauren - Mind & Body	09:45 - 10:45 Yoga: Traditional Azadeh - Mind & Body
17:15 - 18:00 Total Spin Jordan - Spin Studio	18:00 - 18:45 Athletic Pilates Susie - Mind & Body	17:00 - 17:45 Spin David - Spin Studio	19:00 - 20:00 Yoga: Vinyasa Aisha - Mind & Body	18:00 - 19:00 Bootcamp Mandy - Studio 1	10:00 - 10:45 Total Spin David - Spin Studio
17:30 - 18:15 Les Mills Body Combat Amy - Studio 2	18:00 - 19:00 DanceFit Aisha - Studio 2	17:45 - 18:30 Body Tone Maria - Studio 2	19:00 - 19:45 Les Mills Body Pump Anna - Studio 1	19:00 - 20:00 SwimFit Sam - Main Pool	10:00 - 10:45 Les Mills Body Attack Anna - Studio 1
18:00 - 18:45 Body Tone Maria - Studio 1	19:15-20:00 Les Mills Body Pump Jo - Studio 1	18:00 - 19:00 Strength & Conditioning Lottie - Rig	19:00 - 19:45 Running Club Coach Parker - Track		11:00 - 11:45 Les Mills Body Pump Anna - Studio 1
18:15 - 19:00 Spin: Coach by Colour Lauren - Spin Studio	19:00 - 19:45 Running Club Coach Parker - Track	18:00 - 18:45 Les Mills Body Attack Anna - Studio1	20:30 - 21:00 Sound bath Hannah - Mind & Body		11:00 - 11:45 Athletic Pilates Susie - Mind & Body
18:30 - 19:15 Les Mills Body Pump Amy - Studio 2	19:45 - 20:45 Yoga: Vinyasa Flow Helen - Mind & Body	19:00 - 19:45 Les Mills Body Pump Anna - Studio 1			11:00 - 11:45 Synrgy Rig Fitness Coach - Rig
19:00 - 19:45 Bootcamp Natalie - Studio 1		19:00 - 20:00 Les Mills Body Balance Gaynor - Mind & Body			
19:00 - 20:00 Yoga: Iyengar Lauren - Mind & Body		19:00 - 20:00 SwimFit Sam - Main Pool			
19:30 - 20:15 Zumba Rachael - Studio 2					
19:30 - 20:30 SwimFit Sam - Main Pool					
20:30 - 21:00 Sound bath Hannah - Mind & Body					

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