

Wrexham 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 Rig Fitness Coach - Gym Floor	09:30 - 10:15 L.B.T Natalie - Studio 1	06:30 - 07:00 Rig Fitness Coach - Gym Floor	06:30 - 07:00 Bootcamp Fitness Coach - Studio 1	06:15 - 07:00 Strength & Conditioning Fitness Coach - Studio 1	08:15 - 09:00 Body Tone Natalie - Studio 1
09:30 - 10:15 Body Blast Rob - Studio 1	10:30 - 11:30 Stretch and Tone James - Mind & Body	09:30 - 10:15 Spin Amanda - Spin Studio	08:30 - 09:15 Pilates Lucy - Mind & Body	09:30 - 10:15 Spin Amanda - Spin Studio	09:00 - 10:00 Les Mills Body Combat Tracey - Studio 1
10:30 - 11:00 Rig Fitness Coach - Gym floor	11:45 - 12:30 Aqua Natalie - Small Pool	09:30 - 10:15 Body Blast Donna - Studio 1	9:20 - 10:05 Functional Fitness Amanda - Studio 1	10:00 - 11:00 Tai Chi Ruth - Mind & Body	09:15 - 10:00 Spin Maureen - Spin Studio
10:30 - 11:30 Yoga Phillipa - Mind & Body	13:00 - 13:45 Pilates Lucy - Mind & Body	10:30 - 11:30 Pilates Donna - Studio 1	10:15 - 11:00 Les Mills Body Combat Amanda - Studio 1	09:30 - 10:30 Les Mills Body Pump Tracey - Studio 1	10:00 - 10:45 Body Blast Maureen - Studio 1
11:30 - 12:15 Aqua Lindsay - Small pool	17:30 - 18:00 MetaPRO Kieron - Studio 1	10:45 - 11:30 Aqua Lindsay - Small Pool	10:30 - 12:00 Yoga Stephanie - Mind & Body	10:45 - 11:45 Pilates Angela - Studio 1	11:00 - 11:30 Rig Fitness Coach - Gym Floor
11:45 - 12:45 Pilates Viv - Studio 1	18:00 - 18:45 Spin Rob - Spin Studio	11:45 - 12:30 Aqua Donna - Small Pool	11:15 - 12:00 Aqua Georgia - Small Pool	10:45 - 11:30 Aqua Tracey - Small Pool	
13:30 - 14:15 Zumba Amanda - Studio 1	18:15 - 19:15 Les Mills Body Pump Tracey - Studio 1	12:00 - 13:00 Movement & Mobility Natalie - Lower gym	12:30 - 13:15 DanceFit Lucy - Mind & Body	12:00 - 12:45 Aqua Natalie - Small Pool	
13:30 - 14:15 Aqua James - Small pool	19:30 - 20:15 Aqua Tracey - Small Pool	17:30 - 18:00 MetaFit Kieron - Studio 1	17:00 - 17:45 L.B.T Georgia - Studio 1	1715 - 1745 Rig Fitness Coach - Gym Floor	
17:45 - 18:45 Body Blast Natalie - Studio 1		18:00 - 18:45 Spin Kieron - Spin Studio	17:45 - 18:30 Spin James - Spin Studio	17:45 - 18:30 Spin Amanda - Spin Studio	09:00 - 09:45 Les Mills Body Pump Tracey - Studio 1
18:00 - 18:45 Spin Amanda - Spin Studio		18:15 - 19:00 Boxercise Bellamy - Studio 1	18:30 - 19:00 Kettlebell Bellamy - Studio 1		10:00 - 11:30 Yoga Stephanie - Mind & Body
19:00 - 19:45 Les Mills Body Combat Amanda - Studio 1		19:00 - 19:30 Kettlebell Bellamy - Studio 1	19:00 - 20:30 Yoga Stephanie - Studio 1		10:15 - 11:00 Spin Tracey - Spin Studio
19:00 - 19:30 Rig Fitness Coach - Gym Floor		1930 - 2000 Rig Fitness Coach - Gym Floor			11:00 - 11:30 Rig Fitness Coach - Gym Floor
19:00 - 20:30 Yoga Stephanie - Mind & Body		19:00 - 20:30 Yoga Stephanie - Mind & Body			