

Active Knowsley Gym Timetable

This timetable is accurate as of: 21/01/2019 16:17:30

Knowsley Leisure & Culture Park		
Time	Class	Area
Monday 21/01/2019		
07:00	Ko8	Sports Hall
09:30	A B 30	Activity Room
10:00	Low Impact Aerobics	Sports Hall
10:00	Core	Activity Room
11:05	Pilates	Activity Room
13:00	Over 50s	Sports Hall
17:30	3 D 30 Workout	Activity Room
18:00	Legs Bums And Tums	Activity Room
18:05	Spin	Spin Studio
18:05	H I I T Vs Core	Sports Hall
19:00	Spin	Spin Studio
19:00	Clubbercise	Sports Hall
19:00	Aquacise	Main Pool

Tuesday 22/01/2019		
07:00	Spin My Ride	Spin Studio
09:30	H I I T	Activity Room
10:00	Low Circuit Training	Sports Hall
10:05	Pilates	Activity Room
11:00	Low Impact Aerobics	Activity Room
17:15	Triple Treat	Activity Room
18:00	Legs Bums And Tums	Activity Room
19:00	Spin	Spin Studio
20:00	Yoga	Activity Room

Wednesday 23/01/2019		
07:00	Functional Gym Class	Sports Hall
09:15	Spin	Spin Studio
09:30	Aerobics	Activity Room
10:15	Legs Bums And Tums	Activity Room
10:50	Fitness Yoga	Activity Room
12:00	Aquacise	Main Pool
12:00	Tai Chi	Activity Room
14:00	Line Dancing	Activity Room

16:31	Functional Family Circuit	Activity Room
17:30	Pilates	Activity Room
17:30	Spin	Spin Studio
18:15	Boxing	Activity Room
18:30	Aquacise	Main Pool
18:45	Core	Activity Room
19:20	S & C	Activity Room

Thursday 24/01/2019

07:00	Yoga 1 Hour	Activity Room
09:00	Ko8	Sports Hall
09:35	Spin	Spin Studio
10:00	Low Circuit Training	Sports Hall
11:45	Swim Lessons	Teaching Pool
12:00	Aquacise	Main Pool
17:30	Group Fight	Activity Room
18:00	Circuit	Sports Hall
18:20	Spin	Spin Studio
18:20	Group Power	Activity Room
19:05	Zumba	Activity Room

Friday 25/01/2019

07:00	A B 30	Activity Room
09:15	Group Fight	Activity Room
10:15	Group Power	Activity Room
10:30	Aquacise	Main Pool
17:30	A B 30	Activity Room
18:05	Spin	Spin Studio

Saturday 26/01/2019

09:10	Spin	Spin Studio
09:15	Low Circuit Training	Activity Room
10:00	A B 30	Activity Room
11:00	Tai Chi	Activity Room

Sunday 27/01/2019

09:15	Yoga 1 Hour	Activity Room
09:30	Spin	Spin Studio
10:30	Circuit	Activity Room

Kirkby Leisure Centre

Time	Class	Area
<i>Monday 21/01/2019</i>		
09:30	Group Power	Activity Room
10:20	Group Fight	Activity Room
10:30	Low Impact Circuit	Multi And Comm Room
11:30	Tai Chi	Multi And Comm Room
12:15	Aquacise	Main Pool
17:30	Legs Bums And Tums	Activity Room
18:00	Circuit	Multi And Comm Room
18:00	3 D 30	Activity Room
18:10	Aquacise	Main Pool
19:00	Spin	Activity Room

<i>Tuesday 22/01/2019</i>		
09:15	Triple Treat	Activity Room
10:00	3 D 30	Multi And Comm Room
10:30	Yoga	Activity Room
17:30	H I I T	Multi And Comm Room
18:00	Step	Activity Room
18:50	Legs Bums And Tums	Activity Room
19:20	Zumba	Activity Room

<i>Wednesday 23/01/2019</i>		
07:00	Functional Training	Activity Room
09:30	Metabolic Fitness	Activity Room
10:00	Core	Activity Room
10:00	Low Aerobics	Activity Room
10:30	Fitness Pilates	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	A B 30	Activity Room
18:30	Core	Kirk Gym Sheet
19:00	Yoga	Activity Room

<i>Thursday 24/01/2019</i>		
09:15	Spin	Activity Room
09:50	Group Fight	Activity Room
10:00	Low Circuit Training	Multi And Comm Room
10:40	Group Power	Activity Room
11:00	Tai Chi	Multi And Comm Room

17:45	Group Fight	Multi And Comm Room
17:45	Spin	Activity Room
18:35	Group Power	Activity Room

Friday 25/01/2019		
07:15	Yoga	Activity Room
10:00	A B 30	Multi And Comm Room
10:30	Core	Activity Room
11:00	Fitness Pilates	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	Circuit	Multi And Comm Room

Saturday 26/01/2019		
09:30	Group Fight	Activity Room
10:20	3 D 30	Activity Room

Sunday 27/01/2019		
10:00	Ko8	Activity Room
11:15	Spin	Activity Room

Stockbridge Village Leisure Centre

Time	Class	Area
Monday 21/01/2019		
09:30	Triple Treat	Studio Rooms
10:30	Low Circuit Training	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aerobics	Studio Rooms
19:00	Aquacise	Main Pool
19:50	Group Fight	Studio Rooms

Tuesday 22/01/2019		
09:30	Circuit	Studio Rooms
10:20	Spin	Studio Rooms
11:00	Zumba	Studio Rooms
12:05	Aquacise	Main Pool
18:00	Spin	Studio Rooms
19:00	Legs Bums And Tums	Studio Rooms

Wednesday 23/01/2019		
09:30	Spin	Studio Rooms
10:15	Triple Treat	Studio Rooms
12:05	Aquacise	Main Pool
18:00	Boxercise	Studio Rooms
18:45	Metafit	Studio Rooms
19:20	Core	Studio Rooms

Thursday 24/01/2019		
09:45	Group Power	Studio Rooms
10:30	Pilates	Studio Rooms
17:30	A B 30	Studio Rooms
18:05	Spin	Studio Rooms
19:00	Aquacise	Main Pool

Friday 25/01/2019		
10:00	Legs Bums And Tums	Studio Rooms
10:45	Zumba	Studio Rooms

Halewood Leisure Centre

Time	Class	Area
Monday 21/01/2019		
10:00	Aerobics	Multi & Boxing Room
10:45	Legs Bums And Tums	Multi & Boxing Room
12:00	Mixed Aqua Class	Main Pool
18:00	Group Fight	Multi & Boxing Room
19:00	Aquacise	Main Pool
19:05	Spin	Multi & Boxing Room

Tuesday 22/01/2019		
07:00	Functional Class	Hale Gym Sheet
09:30	Spin	Multi & Boxing Room
10:20	Bootcamp	Multi & Boxing Room
11:30	Tai Chi	Multi & Boxing Room
11:45	Aquacise	Main Pool
18:00	Yoga	Multi & Boxing Room
19:30	Zumba	Multi & Boxing Room

Wednesday 23/01/2019		
09:00	Ko8	Multi & Boxing Room
09:35	Spin	Multi & Boxing Room
10:15	Yoga	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room
18:00	Group Power	Multi & Boxing Room
18:50	Legs Bums And Tums	Multi & Boxing Room
19:40	Zumba	Multi & Boxing Room
20:00	Aquacise	Main Pool

Thursday 24/01/2019		
07:00	Functional Class	Hale Gym Sheet
10:00	Triple Treat	Multi & Boxing Room
10:45	Legs Bums And Tums	Multi & Boxing Room
11:45	Aquacise	Main Pool
18:15	Ko8	Multi & Boxing Room
19:05	Spin	Multi & Boxing Room

Friday 25/01/2019		
09:30	Zumba	Multi & Boxing Room
10:15	Legs Bums And Tums	Multi & Boxing Room

17:45	Boxing	Multi & Boxing Room
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Saturday 26/01/2019		
08:45	Spin	Multi & Boxing Room