

Active Knowsley Gym Timetable

This timetable is accurate as of: 19/02/2019 17:01:32

Halewood Leisure Centre		
Time	Class	Area
Tuesday 19/02/2019		
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 20/02/2019		
09:00	Ko8	Multi And Comm 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 21/02/2019		
07:00	Functional Class	Hale Gym Sheet
10:00	Triple Treat	Multi & Boxing Room
10:45	Legs Bums And Tums	Multi & Boxing Room
12:00	Aquacise	Main Pool
18:15	Ko8	Multi & Boxing Room
19:05	Spin	Multi & Boxing Room

Friday 22/02/2019		
09:30	Zumba	Multi & Boxing Room
10:15	Legs Bums And Tums	Multi & Boxing Room
17:45	Boxing	Multi & Boxing Room

Saturday 23/02/2019		
08:45	Spin	Multi & Boxing Room

Monday 25/02/2019		
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