

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/12/2018 11:10:31

Kirkby Leisure Centre		
Time	Class	Area
Tuesday 18/12/2018		
09:15	Triple Treat	Activity Room
10:00	V I P R Workout	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

Wednesday 19/12/2018		
07:00	Functional Training	Activity Room
09:30	Metabolic Fitness	Activity Room
10:00	Low Aerobics	Activity Room
10:00	Core	Activity Room
10:30	Fitness Pilates	Activity Room
12:15	Aquacise	Main Pool
17:30	Ko8	Activity Room
18:00	After Burn	Activity Room
18:30	Core	Activity Room
19:00	Yoga	Activity Room

Thursday 20/12/2018		
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	Spin	Activity Room

Friday 21/12/2018		
07:15	Yoga	Activity Room
10:00	Core	Activity Room
10:30	Core	Activity Room
11:00	Fitness Pilates	Activity Room
12:15	Aquacise	Main Pool

17:30	Ko8	Activity Room
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Saturday 22/12/2018		
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09:30	Group Fight	Activity Room
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Sunday 23/12/2018		
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10:00	Ko8	Activity Room
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Monday 24/12/2018		
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09:30	Group Fight	Activity Room
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