

Active Knowsley Gym Timetable

This timetable is accurate as of: 18/12/2018 11:19:15

Stockbridge Village Leisure Centre		
Time	Class	Area
Tuesday 18/12/2018		
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
19:45	Zumba	Studio Rooms

Wednesday 19/12/2018		
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
19:35	Core	Studio Rooms

Thursday 20/12/2018		
09:30	Circuit	Studio Rooms
18:00	Spin	Studio Rooms
19:00	Aquacise	Main Pool

Friday 21/12/2018		
10:00	Legs Bums And Tums	Studio Rooms
Monday 24/12/2018		
09:30	Triple Treat	Studio Rooms