

Last updated:28-Apr

Chester class timetable

Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30-09:00 Metafit Helena - Lower Gym	07:00-07:30 Metafit Helena - Lower Gym	06:30-07:15 Spin: Coach By Colour Simon - Spin Studio	06:45-07:30 Bootcamp Simon - Lower Gym	07:00-07:30 Strength & Conditioning Sab - Lower Gym	09:00-09:45 Spin: Coach By Colour Sarah - Spin Studio
09:15-10:00 LBT Rochelle - Lower Gym	07:00-08:00 Pilates Kate - Mind & Body	09:15-10:00 Metafit Helena - Lower Gym	08:00-08:45 Strength & Conditioning Sab - Lower Gym	09:30-10:30 Swimfit Dave - Main Pool	10:00-11:00 Yoga: Hatha Tamsin - Mind & Body
09:45-10:45 Yoga: Hatha Aly - Mind & Body	09:00-09:45 Stretch Aly - Mind & Body	10:00-10:45 Spin Sarah - Spin Studio	09:15-10:00 Spin Alison - Spin Studio	09:15-10:00 Spin Sarah - Spin Studio	10:00-10:45 Spin Sarah - Spin Studio
10:00-11:00 Tai Chi Xing Bo - Studio 2	09:15-10:00 Spin Alison - Spin Studio	10:00-11:30 Yoga: Hatha Philippa - Mind & Body	10:00-10:45 Aqua Alison - Small Pool	10:00-11:00 Yoga: Hatha Luos - Mind & Body	10:15-11:00 Strength & Conditioning Sab - Lower Gym
10:00-11:00 Spin Sarah - Spin Studio	09:15-10:00 Funtional Fitness Helena - Lower Gym	10:00-11:00 Funtional Fitness Sab - Studio 2	10:00-11:00 Yoga: Hatha Luos - Mind & Body	10:00-11:00 Funtional Fitness Sab - Lower Gym	11:00-11:45 Les Mills Body Pump Sarah - Studio 2
11:00-12:00 Les Mills Body Balance Sarah - Mind & Body	10:00-10:45 Aqua Alison - Small Pool	11:00-12:00 Tai Chi Xing Bo - Studio 2	11:15-12:00 Body Tone Alison - Studio 2	10:15-11:00 Les Mills Body Pump Sarah - Studio 2	12:30-13:30 Fit Kids 4-10yrs Sab - Studio 2
11:15-12:00 Functional Fitness Rochelle - Studio 2	10:00-10:45 Yoga: Hatha Aly - Mind & Body	12:15-13:00 Pilates Tamsin - Studio 2	13:00-14:00 Pilates Joy - Studio 2	11:00-11:45 Aqua Alison - Small Pool	
11:30-12:15 Aqua Alison - Small Pool	10:00-10:45 Zumba Gold Yvonne - Studio 2	13:00-13:45 Stretch Kate - Mind & Body	17:00-17:45 Stretch Aly - Mind & Body	11:15-12:00 Les Mills Body Balance Sarah - Studio 2	
12:30-13:15 Aqua Alison - Small Pool	11:15-12:00 Body Tone Alison - Studio 2	18:00-18:45 Spin Alison - Spin Studio	17:30-18:15 Les Mills Body Balance Sarah - Studio 2	12:00-12:45 Aqua Alison - Small Pool	
12:30-13:30 Pilates Tamsin - Studio 2	12:15-13:15 Pilates Kate - Mind & Body	18:00-18:45 H.I.I.T Rochelle - Lower Gym	18:00-18:45 Strength & Conditioning Helena - Lower Gym	18:00-18:45 H.I.I.T. Fitness Coach - Lower Gym	
13:45-14:30 Pilates Tamsin - Studio 2	17:30-18:00 Core Alison - Studio 2	18:00-18:45 Dancefit Kirsten - Studio 2	18:30-19:15 Spin Sarah - Spin Studio	18:00-18:45 Spin Sarah - Spin Studio	
17:30-18:00 Core Alison - Studio 2	18:00-19:00 Body Tone Alison - Studio 2	19:15-20:00 Aqua Alison - Small Pool	19:30-20:30 Swimfit Dave - Main Pool		Sunday
18:00-18:45 Pilates Luos - Mind & Body	18:00-18:45 Spin Sarah - Spin Studio				09:00-09:45 Spin Sarah - Spin Studio
18:00-18:45 Spin Sarah - Linda	18:00-19:30 Yoga: Hatha Steph - Mind & Body				10:00-10:45 Spin Sarah - Spin Studio
18:00-19:00 LBT Alison - Studio 2	19:15-20:00 Aqua Alison - Small Pool				11:00-11:45 Les Mills Body Pump Sarah - Studio 2
19:00-20:15 Yoga: Vinyasa Flow Aly - Mind & Body	19:15-20:00 Bootcamp Bilal - Lower Gym				12:00-12:45 Les Mills Body Balance Sarah - Studio 2
19:15-20:00 Bootcamp Sab - Lower Gym	19:30-20:30 Swim Fit Dave - Main Pool				13:00-14:30 Yoga: Hatha Steph - Mind & Body
19:15-20:00 Aqua Alison - Small Pool					

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