

Altrincham class timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 - 7:30 Strength & Conditioning Christian - Gym Floor	06:30 - 07:15 Total Spin Steve - Spin Studio	06:30 - 07:15 Functional Fitness Ben - Gym Floor	09:15 - 10:15 Pilates Toni - Mind & Body	06:30 - 07:15 Total Spin Steve - Spin Studio	09:00 - 10:00 Yoga Melanie - Mind & Body
09:30 - 10:15 Synrgy 360 Fitness Coach - Gym Floor	09:30 - 10:15 Spin Lauren - Spin Studio	09:15 - 10:15 Pilates Toni - Mind & Body	09:30 - 10:15 Total Spin Katie - Spin Studio	09:00 - 10:00 Pilates Kathy - Mind & Body	09:15 - 10:00 Spin: Coach by Colour Sam - Spin Studio
09:30 - 10:30 Pilates Hollie - Mind & Body	09:30 - 10:30 Body Tone Maxine - Studio 2	09:30 - 10:15 Spin: Coach by Colour Gerald - Spin Studio	10:30 - 11:15 Body Tone Toni - Studio 2	09:30 - 10:15 Spin: Coach by Colour James - Spin Studio	10:00 - 10:45 Body Tone Toni - Studio 2
09:30 -10:30 Performance Spin Gerald - Spin Studio	10:30 - 11:30 Yoga Lauren - Mind & Body	09:30 - 10:15 Synrgy 360 Fitness Coach - Gym Floor	10:30 - 11:30 Yoga Janet - Mind & Body	09:30 - 10:15 Zumba Toni - Studio 2	10:00 - 10:45 Zumba Katie - Studio 2
09:45 - 10:30 Body Tone Sandra - Studio 2	10:35 - 11:20 Stretch and Tone Maxine - Studio 2	09:30 - 10:15 Zumba Marika - Studio 2	13:30 - 14:15 Aqua Amaia - Small Pool	0930 - 10:15 Synrgy 360 Fitness Coach - Gym Floor	11:00 - 12:00 Pilates Toni - Mind & Body
10:30 - 11:15 Aqua Toni - Small Pool	13:00 - 14:00 Aqua Angela - Small Pool	10:30 - 11:15 Aqua Marika - Small Pool	16:00 - 17:00 Pilates Maxine - Mind & Body	10:30 - 11:15 Aqua Marika - Small Pool	
10:35 - 11:20 Zumba Sandra - Studio 2	13:00 - 14:00 Yoga Janet - Mind & Body	11:00 - 12:00 Pilates Maxine - Mind & Body	17:30 - 18:30 Strength & Conditioning Gerald - Gym Floor	10:30 - 11:30 Yoga: Iyengar Lauren - Mind & Body	
10:45 - 11:45 Pilates Hollie - Mind & Body	17:45 - 18:30 Strength & Conditioning Gerald - Studio 2	13:00 - 14:00 Yoga Louise - Mind & Body	18:30 - 19:15 Les Mills Body Pump Rebecca - Studio 2	11:00 - 11:45 Body Blast Han - Studio 2	10:00 - 10:45 Tai Chi Don - Mind & Body
17:00 - 18:00 Pilates Angela M - Mind & Body	18:00 - 19:00 Yoga Karen - Mind & Body	17:30 - 18:30 Yoga Louise - Mind & Body	18:30 - 19:15 Spin: Coach by Colour Gerald - Spin Studio	13:30 - 14:15 Aqua Maxine - Small Pool	10:15 - 11:00 Functional Fitness George - Studio 2
18:30 - 19:15 Spin Samantha - Spin Studio	18:30 - 19:15 Spin: Coach by Colour Victoria - Spin Studio	18:00 - 18:45 Total Spin James - Spin Studio	19:30 - 20:15 Pump James - Studio 2	17:30 - 18:15 Boxing Circuit Gerald - Gym Floor	11:00 - 11:45 Zumba Don - Studio 1
18:30 - 19:15 Les Mills Body Pump Lorna - Studio 2	18:30 - 19:15 L.B.T James - Studio 2	18:00 - 18:45 Body Tone Bertrand - Studio 2	19:30 - 20:30 Yoga: Vinyasa Flow Charlotte - Mind & Body	18:00 - 19:00 Pilates Sarah - Mind & Body	11:00 - 11:45 Core and Stretch George - Studio 2
18:30 - 19:15 Zumba Faiza - Studio 2	19:15 - 20:15 Pilates Amaia - Mind & Body	19:00 - 19:45 Les Mills Body Pump Bertrand - Studio 2			11:15 - 12:15 Yoga Angela - Mind & Body
19:00 - 19:45 Aqua Sau M - Small Pool		19:00 - 20:00 Pilates Toni - Mind & Body			11:15 - 12:15 Spin: Coach by Colour Victoria - Spin Studio
19:30 - 20:30 Les Mills Body Balance Gaynor - Mind & Body					