

Chester 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
08:30 - 09:00 MetaFit Helena - Gym Floor	07:00 - 07:30 MetaFit Helena - Gym Floor	06:30 - 07:15 Spin: Coach by Colour Simon S - Spin Studio	06:45 - 07:30 Bootcamp Simon S - Gym Floor	07:00 - 07:30 Strength & Conditioning Sab - Gym Floor	09:00 - 09:45 Spin: Coach by Colour Sarah - Spin Studio
09:15 - 10:00 L.B.T Rochelle - Studio 2	08:00 - 08:45 MetaPro Kieran - Gym Floor	09:00 - 09:45 Les Mills Body Pump Sarah - Studio 2	08:00 - 08:45 Strength & Conditioning Sab - Gym Floor	09:15 - 10:00 Spin Sarah - Spin Studio	10:00 - 11:00 Yoga: Hatha Tamsin - Mind & Body
10:00 - 11:00 Tai Chi Xing Bo - Studio 2	09:00 - 09:45 Stretch Aly - Mind & Body	09:15 - 10:00 MetaFit Helena - Gym Floor	09:15 - 10:00 Spin Alison L - Spin Studio	10:00 - 11:00 Yoga: Hatha Luos - Mind & Body	10:00 - 10:45 Spin Sarah - Spin Studio
10:00 - 10:45 Spin Sarah - Spin Studio	09:15 - 10:00 Spin Alison - Spin Studio	10:00 - 10:45 Spin Sarah - Spin Studio	10:00 - 10:45 Aqua Alison L - Small Pool	10:00 - 11:00 Functional Fitness Sab - Gym Floor	10:15 - 11:00 Strength & Conditioning Sab - Gym Floor
11:00 - 11:45 Les Mills Body Balance Sarah - Mind & Body	09:15 - 10:00 Functional Fitness Rochelle - Gym Floor	10:00 - 11:30 Yoga: Hatha Vivienne - Mind & Body	10:00 - 11:00 Yoga: Hatha Luos - Mind & Body	10:15 - 11:00 Les Mills Body Pump Sarah - Studio 2	11:00 - 11:45 Les Mills Body Pump Sarah - Studio 2
11:15 - 12:00 Functional Fitness Rochelle - Gym Floor	10:00 - 10:45 Aqua Alison - Small Pool	10:00 - 11:00 Functional Fitness Sab - Studio 2	11:15 - 12:00 Body Tone Alison L - Studio 2	11:00 - 11:45 Aqua Alison - Small Pool	12:30 - 13:30 Fit Kids 4-10yrs Sab - Studio 2
12:15 - 13:00 Aqua Alison - Small Pool	10:00 - 10:45 Yoga: Hatha Aly - Mind & Body	11:00 - 12:00 Tai Chi Xing Bo - Studio 2	13:00 - 14:00 Pilates Joy - Studio 2	11:15 - 12:00 Les Mills Body Balance Sarah - Studio 2	
12:30 - 13:30 Pilates Tamsin - Studio 2	10:00 - 10:45 Zumba Gold Yvonne - Studio 2	12:15 - 13:00 Aqua Small Pool - Rochelle	17:30 - 18:15 Les Mills Body Balance Sarah - Studio 2	12:00 - 12:45 Aqua Alison - Small Pool	
13:45 - 14:30 Pilates Tamsin - Studio 2	11:15 - 12:00 Body Tone Alison - Studio 2	12:15 - 13:15 Pilates Tamsin - Studio 2	18:00 - 18:45 Strength & Conditioning Helena - Gym Floor	18:00 - 18:45 Spin Sarah - Spin Studio	
17:30 - 18:00 Core Alison - Studio 2	17:30 - 18:00 Core Alison - Studio 2	18:00 - 18:45 Spin Alison - Spin Studio	18:00 - 19:00 Yoga: Hatha Alyson - Mind & Body		10:00 - 10:45 Spin Sarah - Spin Studio
18:00 - 18:45 Pilates Luos - Mind & Body	18:00 - 19:00 Body Tone Alison - Studio 2	18:00 - 18:45 HIIT Rochelle - Gym Floor	18:30 - 19:15 Spin Sarah - Spin Studio		11:00 - 11:45 Les Mills Body Pump Sarah - Studio 2
18:00 - 18:45 Spin Linda - Spin Studio	18:00 - 18:45 Spin Sarah - Spin Studio	19:15 - 20:00 Aqua Alison - Small Pool	18:30 - 19:15 DanceFit Kirsten - Studio 2		12:00 - 12:45 Les Mills Body Balance Sarah - Studio 2
18:00 - 19:00 L.B.T Alison - Studio 2	18:00 - 19:30 Yoga: Hatha Steph - Mind & Body		19:00 - 20:30 SwimFit Dave - Main Pool		
19:00 - 19:45 Aerobics Kirsten - Studio 2	19:30 - 20:30 SwimFit Dave - Main Pool				
19:00 - 20:15 Yoga: Vinyasa Flow Aly - Mind & Body					
19:15 - 20:00 Bootcamp Sab - Gym Floor					
19:15 - 20:00 Aqua Alison - Small Pool					

Sunday
10:00 - 10:45 Spin Sarah - Spin Studio
11:00 - 11:45 Les Mills Body Pump Sarah - Studio 2
12:00 - 12:45 Les Mills Body Balance Sarah - Studio 2