

Prenton 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
08:45 - 09:30 Dance Fit Cathy - Studio 1	06:30 - 07:00 Spin: Coach by Colour Kirsty - Spin Studio	08:45 - 09:30 DanceFit Cathy - Studio 2	09:15 - 10:15 Spin Alison - Spin Studio	06:30 - 07:00 Spin Claire - Spin Studio	09:00 - 10:00 Les Mills Body Pump Louise - Studio 2
09:15 - 10:15 Spin Alison - Spin Studio	09:15 - 09:45 Spin Jorik - Spin Room	09:00 - 09:45 Pilates Cathy - Studio 1	10:00 - 10:45 Rig Fitness Coach - Gym Floor	09:00 - 09:45 Pilates Cathy - Studio 1	10:00 - 11:00 Spin: Coach by Colour Alison - Spin Studio
09:45 - 10:30 Pilates Cathy - Studio 1	09:00 - 10:00 Pilates Diane - Studio1	09:15 - 09:45 Spin Gemma - Spin Studio	10:00 - 11:00 Les Mills Body Balance Sara - Studio 2	09:00 - 09:45 Tai Chi Zingbo - Studio 2	10:15 - 11:15 Les Mills Body Balance Louise - Studio 2
09:30 - 10:15 L.B.T Vicki - Studio 2	10:00 - 11:00 Les Mills Body Balance Sara - Studio 2	10:00 - 11:00 Les Mills Body Pump Faye - Studio 2	10:00 - 10:45 Aqua Class Jorik - Small Pool	09:15 - 09:45 Spin Gemma - Spin Studio	11:00 - 11:45 Zumba Nurul - Studio 1
09:20 - 10:05 Aqua Jorick - Small Pool	10:00 - 11:00 Pilates Diane - Studio 1	10:00 - 10:45 Aqua Class Diane - Small Pool	11:00 - 12:00 Zumba Nurul - Studio 2	09:20 - 10:05 Aqua Class Sara - Small Pool	12:00 - 13:00 Pilates Cathy - Studio 1
10:45 - 11:30 Pilates Cathy - Studio 1	10:00 - 10:45 Rig Fitness Coach - Gym Floor	11:15 - 12:00 DanceFit Diane - Studio 1	11:20 - 12:05 Aqua Class Sara - Small Pool	10:00 - 10:45 Rig Fitness Coach - Gym Floor	
10:00 - 10:30 Rig Fitness Coach - Gym Floor	11:00 - 11:45 Private Aqua Class Diane - Small Pool	13:00 - 13:45 Aqua Class Sara - Small Pool	11:30 - 12:30 Pilates Cathy - Studio 1	10:00 - 10:45 Pilates Diane - Studio 1	
10:30 - 11:15 Ravin' Fit Kirsty - Studio 2	11:00 - 11:45 Les Mills Body Pump Sara - Studio 2	17:30 - 18:00 Spin Claire - Spin Studio	14:00 - 15:15 Yoga Dionne - Studio 1	10:00 - 10:45 Les Mills Body Combat Faye - Studio 2	10:00 - 10:45 Spin: Coach by Colour Claire - Spin Studio
11:30 - 12:15 Aqua Sara - Small Pool	11:15 - 12:15 Yoga Sue - Studio 1	18:00 - 18:45 Les Mills Body Combat Faye - Studio 2	17:30 - 18:00 Spin Kirsty - Spin Studio	11:00 - 11:45 Les Mills Body Pump Faye - Studio 2	11:00 - 11:30 Rig Fitness Coach - Gym Floor
17:15 - 18:00 Step Vicki - Studio 2	12:00- 12:45 Aqua Diane - Small Pool	19:00 - 20:00 Yoga Sue - Studio 1	18:00 - 18:30 Rig Fitness Coach - Gym Floor	11:00 - 11:45 Private Aqua Class Diane - Small Pool	
17:30 - 18:15 Spin Steph - Spin Studio	17:30 - 18:30 Kids Club (5-10 years old) Vicky - Studio 1	19:00 - 19:45 Les Mills Body Pump Faye - Studio 2	18:00 - 18:45 Ravin' Fit Kirsty - Studio 1	12:00 - 13:00 Yoga Dionne - Studio 1	
18:00 - 18:30 Rig Fitness Coach - Gym Floor	17:30 - 18:00 Spin Louise - Spin Studio		18:00 - 18:45 Les Mills Body Pump Nurul - Studio 2	12:30 - 13:30 Aqua Class Sara - Small Pool	
18:00 - 18:45 Kids Club (5-10 years old) Vicki - Studio 1	18:00 - 18:30 Rig Fitness Coach - Gym Floor		19:00 - 20:00 Les Mills Body Balance Louise - Studio 1		
18:00 - 18:45 Les Mills Body Combat Faye - Studio 2	18:00 - 19:00 Pilates Louise - Studio 2		19:00 - 19:45 Zumba Nurul - Studio 2		
19:00 - 20:00 Yoga Diane - Studio 1					
19:00 - 19:45 Les Mills Body Pump Faye - Studio 2					