totalfitness WALKDEN TIMETABLE

Please note classes may vary during seasonal and bank holidays.
Please check with the club first. **0161 702 8222**

14/11/16

MONDAY — Opens 06.00 - 22.00

06.30 - 07.00	Total HIIT	Fitness Team	Spin Studio
09.15 - 10.00	Zumba Gold Toning **NEW**	Marika	Studio 1
10.00 - 10.45	Easy Aerobics	Claire M	Studio 2
10.30 - 11.00	Rig Class	Fitness Team	Rig
10.45 - 11.30	Total Tone	Claire M	Studio 2
11.45 - 12.30	Aqua Fit	Leanne	Small Pool
17.30 - 18.00	Total HIIT	Fitness Team	Spin Studio
17.30 - 18.15	Clubbercise	Lisa Berry	Studio 2
18.00 - 19.00	Hasha Karate BEG	George	Studio 1
18.15 - 19.00	LBT	Lisa P	Studio 2
19.00 - 19.45	Spin	Fitness Team	Spin Studio
19.00 - 20.00	Pilates	Kim W	Studio 2
19.00 -20.00	Hasha Karate INT/ADV	George	Studio 1

TUESDAY — Opens 06.00 - 22.00

06.30 - 07.00	Spin	Fitness Team	Spin Studio
09.45 - 10.45	Zumba Gold	Gabrielle	Studio 2
10.30 - 11.00	Rig Class	Fitness Team	Rig
10.45 - 12.00	Yoga Meditation	Liz	Studio 1
10.45 - 11.30	Body Conditioning	Gabrielle	Studio 2
13.00 - 14.00	Super seniors	Fitness Team	Studio 2
14.00 - 15.00	Pilates	Anne M	Studio 2
16.00 - 18.00	Swim Lessons	age 3-11 BASS	Small Pool £
17.15 - 17.45	Total HIIT	Fitness Team	Spin Studio
17.15 - 18.00	BODYPUMP	Stacy M	Studio 2
18.00 - 18.30	Core Fitness	Fitness Team	Spin Studio
18.00 - 18.45 ☺	BODYPUMP	Stacy M	Studio 2
18.30 - 19.15	Spin	Luke T	Spin Studio
18.45 - 19.30	BODYATTACK	Stacey	Studio 2
19.30 - 20.30	Yoga/Pilates	Kim Wood	Studio 2

WEDNESDAY — Opens 06.00 - 22.00

06.30 - 07.00	Total HIIT	Fitness Team	Spin Studio
07.30 - 08.00	Spin	Fitness Team	Spin Studio
09.45 - 10.15	GRIT Series	Fitness Team	Studio 2
10.15 - 11.00	BODYPUMP	Dave	Studio 2
10.30 - 11.15	Mums Fitness **NEW**	Kate	Studio 1
11.15 - 12.15	Yoga	Edwina T	Studio 2
12.30 - 13.15	Zumba Gold	Marika	Studio 2
13.30 - 14.15	Aqua Zumba	Marika	Small pool
18.00 - 18.30	Body Attack	Lelia	Studio 2
18.30 - 19.00	Spin Express	Fitness Team	Spin Studio
18.30 - 19.15 ☺	Legs, Bums and Tums	Lelia	Studio 2
18.30 - 19.30	Zumba	Marika	Studio 1
19.00 - 20.00	Swimfit **NEW**	Louis	Main Pool
19.30 - 20.00	GRIT Series	Brad	Studio 2

THURSDAY — Opens 06.00 - 22.00

06.30 - 07.00	Spin	Fitness Team	Spin Studio
10.00 - 10.45	Easy Aerobics	Claire M	Studio 2
10.30 - 11.00	Rig Class	Fitness Team	Rig
10.45 - 11.30	Total Tone	Claire M	Studio 2
11.35 - 12.35	Yoga	Edwina T	Studio 2
12.30 - 13.15	Aqua	Sheryl	Small pool
18.00 - 18.30	Spin Express	Luke T	Spin Studio
18.00 - 18.45	BODYPUMP	Martyn C	Studio 2
18.00 - 19.00	Pilates	Anne M	Studio 1
18.45 - 19.30	BODYATTACK	Martyn C	Studio 2
19.00 - 19.45	Total HIIT	Fitness Team	Spin Studio

FRIDAY — Opens 06.00 - 21.00

09.30 - 10.00	Total HIIT	Fitness Team	Spin Studio
10.15 - 11.00	Body Pump	Nikita	Studio 2
10.00 - 11.00	Zumba Tone	Marika	Studio 1
11.00 - 11.45	Clubbercise	Nikita	Studio 2
11.30 - 12.15	Aqua Fit	Emily C	Small Pool
13.00 - 14.00	Super Seniors	Fitness Team	Studio 2
18.00 - 18.30	GRIT Series	John	Studio 2

SATURDAY — Opens 08.00 - 19.00

09.00 - 09.45	Spin	Luke T	Spin Studio
09.30 - 10.15	BODYATTACK	Stacey	Studio 2
10.15 - 11.00	BODYPUMP	Stacey	Studio 2
11.00 - 11.30	Rig Class	Fitness Team	Rig
11.30 - 12.00	Total HIIT **NEW**		Studio 1
12.00 - 13.00	Hasha Karate BEG	George	Studio 2
13.00 - 14.00	Hasha Karate INT/ADV	George	Studio 2
14.30 - 16.00	Pool Party Subject to Booking		Small Pool £

SUNDAY — Opens 08.00 - 19.00

10.30 - 11.15	Circa Spin	Luke T	Spin Studio
10.30 - 11.15	Begin to Step	Claire M	Studio 2
11.15 - 12.00 ☺	Total Step	Claire M	Studio 2
12.00 - 12.45	Total Tone	Claire M	Studio 2
14.00 - 15.30	Pool Party Subject to Booking		Small Pool £

£ Additional charge please see reception

☺ These are times when both an adult and childs class coincides, see the separate Junior Timetable. Please sign your children in and out of the classes. Please ask at reception for more details on swimming lessons for 0-3 and 4+ year old's.

Please book in for these classes 1 hour before class starts at reception.