

Christmas Group Exercise Timetable - Orford Jubilee Neighbourhood Hub



Please note, this timetable is subject to change. Last updated 14/12/2020.

*Access to the poolside will be 15 minutes before the class begins.

Monday 21 st December	Tuesday 22 nd December	Wednesday 23 rd December	Thursday 24 th December	Friday 25 th December	Saturday 26 th December	Sunday 27 th December
6:15 – 7:00 Group Cycle (Adam) Spin Studio	6:15 – 7:00 Body Combat (Carol D) Sports Hall	9:15 – 9:45 GRIT (Mike) Sports Hall	6:15 – 7:00 Body Pump (Carol D) Studio 2	CLOSED	CLOSED	9:15 – 10:00 Body Combat (Sharon) Sports Hall
9:15 – 9:45 GRIT (Sharon) Sports Hall	9:15 – 10:00 Body Pump (Sharon) Studio 2	10:00 – 10:45 Body Pump (Mike) Studio 2	9:15 – 10:00 Body Pump (Sharon) Studio 2			10:15 – 10:45 GRIT (Sharon) Sports Hall
10:00 – 10:45 Body Combat (Sharon) Sports Hall	10:15 – 11:00 Group Cycle (Sharon) Spin Studio	11:30 – 12:25 RPM Virtual Spin Studio	10:15 – 11:00 Group Cycle (Sharon) Spin Studio			12:00 – 12:55 RPM Virtual Spin Studio
10:30* - 11:15 Aqua Fit (Judy L) Main Pool	11:00 – 12:00 Yoga (Lynsey J) Sports Hall	10:30* - 11:15 Aqua Fit (Carol D) Main Pool	11:15 – 12:00 Body Pump (Sharon) Studio 2			14:30 – 15:25 RPM Virtual Spin Studio
11:15 – 12:00 Pilates (Jan) Sports Hall	11:45* - 12:30 Aqua Fit (Kay W) Main Pool	18:00 – 18:45 Body Pump (Mike) Studio 2				
18:00 – 18:45 Group Cycle (Sharon) Spin Studio	12:15 – 13:00 Tai Chi (Paul R) Sports Hall	18:00-18:45 Group Cycle (Sharon B) Spin Studio				
18:00 – 19:00 Body Combat (Mike) Sports Hall	18:00 – 18:45 Group Cycle (Carol D) Spin Studio	18:15 – 19:00 Zumba (Carol G) Sports Hall				
19:00 – 19:45 Group Cycle (Mike) Spin Studio	18.15-19.00 Bootcamp (Sharon) Sports Hall	19:00 – 19:45 Group Cycle (Mike) Spin Studio				
19:00 – 19:45 Body Pump (Sharon) Studio 2	18:15 – 19:00 Body Pump (Adam) Studio 2	19:15 – 20:00 Body Pump (Donna C) Studio 2				
20:00 – 20:30 GRIT (Sharon) Sports Hall	19:15 – 20:00 Group Cycle (Sharon) Spin Studio	19:15 – 20:00 Body Combat (Sharon) Sports Hall				
	19:15 – 20:00 Body Combat (Adam) Sports Hall	20:15 – 20:45 GRIT (Sharon) Sports Hall				

Monday 28 th December	Tuesday 29 th December	Wednesday 30 th December	Thursday 31 st December	Friday 1 st January	Saturday 2 nd January	Sunday 3 rd January
9:15 – 10:00 Body Combat (Sharon) Sports Hall	9:15 – 10:00 Body Pump (Mike) Studio 2	9:15 – 10:00 Body Combat (Mike) Sports Hall	9:15 – 10:00 Group Cycle (Sharon) Spin Studio	CLOSED	08:45 – 9:30 Bootcamp (Sharon) Sports Hall	09:15 – 10:00 Body Combat (Sharon) Sports Hall
10:15 – 11:30 Body Pump (Sharon) Studio 2	9:15 – 10:00 Bootcamp (Sharon) Sports Hall	10:15 – 11:30 Body Pump (Mike) Studio 2	10:15 – 10:45 GRIT (Sharon) Sports Hall		09:15 – 10:00 Group Cycle (Mike) Spin Studio	10:15 – 10:45 GRIT (Sharon) Sports Hall
11:00 – 12:00 Yoga (Julie N) Sports Hall	10:15 – 10:45 GRIT (Sharon) Sports Hall	10:30 – 11:30 Yoga (Julie N) Sports Hall	12:00 – 12:55 RPM Virtual Spin Studio		09:45 – 10:30 Body Pump (Sharon) Studio 2	
12:00 – 12:55 RPM Virtual Spin Studio	10:15 – 11:00 Group Cycle (Mike) Spin Studio	12:00 – 12:55 RPM Virtual Spin Studio	14:30 – 15:25 RPM Virtual Spin Studio		10:15 – 10:45 GRIT (Mike) Sports Hall	
14:30 – 15:25 RPM Virtual Spin Studio	12:00 – 12:55 RPM Virtual Spin Studio	14:30 – 15:25 RPM Virtual Spin Studio				
	14:30 – 15:25 RPM Virtual Spin Studio					



Enjoy access to a combination of live streamed classes, as well as an archive of On Demand workouts with **LiveWire@Home?**
Available now on the LiveWire App. <https://livewirewarrington.co.uk/livewireathome/>

Christmas Group Exercise Timetable - Great Sankey Neighbourhood Hub



Please note, this timetable is subject to change. Last updated 14/12/2020.

*Access to the poolside will be 15 minutes before the class begins.

Monday 21 st December	Tuesday 22 nd December	Wednesday 23 rd December	Thursday 24 th December	Friday 25 th December	Saturday 26 th December	Sunday 27 th December
9:15 – 10:00 Bootcamp (Gemma) Outdoor Pitch	6:15 – 7:00 Group Cycle (Adam) Spin Studio	6:45 – 7:45 RPM Virtual Spin Studio	10:15 – 11:00 Body Combat (Hayley) Sports Hall	CLOSED	CLOSED	9:45 – 10:30 Body Combat (Hayley) Sports Hall
10:15 – 11:15 Zumba (Sarah) Sports Hall	18:15 – 19:00 Group Cycle (Lynne) Spin Studio	9:15 – 10:00 Group Cycle (Sharon) Spin Studio	11:15 – 12:00 Group Cycle (Carol D) Spin Studio			10:45 – 11:30 RPM (Virtual) Spin Studio
12:15 – 13:15 RPM Virtual Spin Studio	18:45 – 19:30 Body Combat (Mike) Sports Hall	12:15 – 13:00 RPM Virtual Spin Studio	12:15 – 13:00 Body Balance Virtual Studio 1			12:00 – 13:00 Sh'Bam Virtual Studio 1
12:30* - 13:15 Aqua Fit (Judy L) Main Pool	19:30 – 20:15 RPM Virtual Spin Studio	17:15 – 17:45 GRIT (Adam) Sports Hall	15:00 – 15:45 RPM Virtual Spin Studio			
18:00 – 19:00 Yoga (Jan T) Sports Hall	19:45 – 20:30 Yoga (Julie N) Sports Hall	18:00 – 19:00 Body Combat (Jude A) Sports Hall				
19:00 – 19:45 Group Cycle (Lynne) Spin Studio		18:15 – 19:15 RPM Virtual Spin Studio				
19:15 – 20:00 Body Combat (Carol D) Sports Hall						

Monday 28 th December	Tuesday 29 th December	Wednesday 30 th December	Thursday 31 st December	Friday 1 st January	Saturday 2 nd January	Sunday 3 rd January
9:30 – 10:30 Yoga (Julie N) Sports Hall	9:30 – 10:15 Group Cycle (Danielle) Spin Studio	9:00 – 9:45 Group Cycle (Sharon) Spin Studio	10:15 – 11:00 Body Combat (Hayley) Sports Hall	CLOSED	9:15 – 10:00 Group Cycle (Daniele J) Spin Studio	9:45 – 10:45 Body Combat (Hayley) Sports Hall
10:45 – 11:30 Body Combat (Gemma) Sports Hall	10:30 – 11:15 Conditioning (Daniele J) Sports Hall	10:00 – 11:00 Body Combat (Sharon) Sports Hall	11:15 – 12:00 Group Cycle (Carol D) Spin Studio		10:15 – 11:00 Conditioning (Daniele J) Sports Hall	10:45 – 11:45 RPM (Virtual) Spin Studio
12:15 – 13:00 RPM Virtual Spin Studio	14:00 – 14:45 Body Balance Virtual Studio 1	13:00 – 14:00 Sh'Bam Virtual Studio 1	12:15 – 13:00 Body Balance Virtual Studio 1			