

Group Exercise Timetables - Orford Jubilee Neighbourhood Hub



Classes available from Monday 17th May 21

Please note, this timetable is subject to change. Last updated 10/05/2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 – 7:00 Group Cycle (Adam) Spin Studio	9:15 – 10:00 Body Pump (Sharon) Studio 2	9:15 – 10:00 Body Attack (Mike) Sports Hall	9:15 – 10:00 Body Attack (Sharon) Studio 2	06:15 – 7:00 Group Cycle (Adam) Spin Studio	8:45 – 9:30 Bootcamp (Sharon) Sports Hall	9:15 – 10:00 Body Combat (Sharon) Sports Hall
9:15 – 9:45 HIIT (Sharon) Sports Hall	10:15 – 11:00 Group Cycle (Sharon) Spin Studio	10:15 – 11:00 Body Pump (Mike) Studio 2	10:00 – 10:45 Group Cycle (Sharon) Spin Studio	9.15 – 10:00 Body Combat (Sharon) Sports Hall	9:00 – 9:45 Group Cycle (Mike) Spin Studio	9:30 – 10:25 RPM Virtual Spin Studio
10:00 – 10:50 RPM Virtual Spin Studio	12:00* - 12:45 Aqua Fit (Kay W) Main Pool	10:00 – 10:50 RPM Virtual Spin Studio	11:00 – 11:45 Body Pump (Sharon) Studio 2	9.15-10.00 Outdoor LBT (Carol D)	9:45 – 10:30 Body Pump (Sharon) Studio 2	10:15 – 10:45 HIIT (Sharon) Studio 2
10:00 – 10:45 Body Combat (Sharon) Sports Hall	12:00 – 12:50 RPM Virtual Spin Studio	11:30 – 12:25 RPM Virtual Spin Studio	12:15 – 13:00 Tai Chi (Paul R) Sports Hall	10:00 – 10:45 Body Pump (Sharon) Studio 2	10:00 – 10:45 Body Attack (Mike) Sports Hall	12:00 – 12:45 RPM Virtual Spin Studio
10:30* - 11:15 Aqua Fit (Judy L) Main Pool	12:15 – 13:00 Tai Chi (Paul R) Sports Hall	10:30* - 11:15 Aqua Fit (Carol D) Main Pool	17:45 – 18:30 Body Pump (Mike) Studio 2	11:00 – 11:55 RPM Virtual Spin Studio	10:30 – 11:20 RPM Virtual Spin Studio	15:00 – 15:45 Body Attack (Sharon) Sports Hall
11:15 – 12:00 Pilates (Jan) Sports Hall	14:00 – 15:00 Low Impact Exercise PT Team Activity Hall	18:00 – 18:45 Body Pump (Mike) Studio 2	18:00 – 18:45 Group Cycle (Sharon) Spin Studio	17:45 – 18:45 Body Attack (Mike) Sports Hall	13:30 – 14:20 RPM Virtual Spin Studio	16:00 – 16:50 RPM Virtual Spin Studio
12:00 – 12:50 RPM Virtual Spin Studio	14:00 – 12:50 RPM Virtual Spin Studio	18:00-18:45 Group Cycle (Sharon B) Spin Studio	18:45 – 19:30 Body Combat (Mike) Sports Hall	18:00 – 18:45 Group Cycle (Sharon) Spin Studio	15:30 – 16:20 RPM Virtual Spin Studio	16:00 – 16:45 Body Pump (Sharon) Studio 2
14:00 – 15:00 Low Impact Exercise PT Team Activity Hall	18:00 – 18:45 Group Cycle (Carol D) Spin Studio	19:00 – 19:45 Group Cycle (Mike) Spin Studio	19:00 – 19:30 HIIT (Sharon) Studio 2	19:00 – 19:45 Group Cycle (Mike) Spin Studio		
18:00 – 18:45 Group Cycle (Sharon) Spin Studio	18:00 – 18:45 Body Pump (Adam) Studio 2	19:00 – 19:45 Body Attack (Sharon) Sports Hall	19:45 – 20:15 HIIT (Mike) Sports Hall	19:00 – 19:45 Body Pump (Sharon) Studio 2		
18:00 – 19:00 Body Combat (Mike) Sports Hall	18.00 - 18:45 Bootcamp (Sharon) Sports Hall	19.00-19.45 Outdoor LBT (Carol D)				
19:00 – 19:45 Group Cycle (Mike) Spin Studio	19:00 – 19:45 Body Combat (Adam) Sports Hall	20:00 – 20:30 HIIT (Sharon) Studio 2				
19:00 – 19:45 Body Attack (Sharon) Sports Hall	19:00 – 19:45 Group Cycle (Sharon) Spin Studio					
20:00 – 20:45 Body Pump (Sharon) Studio 2						

*Class commences w/c 24.05.21

Group Exercise Timetable - Great Sankey Neighbourhood Hub

Classes available from Monday 17th May 21

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.15 – 11.00 Body Pump (Virtual) Studio 1	6:15 – 7:00 Group Cycle (Adam) Spin Studio	6:45 – 7:30 RPM Virtual Spin Studio	6:45 – 7:30 Body Combat Virtual Studio 1	9.15 – 9.45 Grit Cardio (Virtual) Studio 1	9:15 – 10:00 Group Cycle (Daniele J) Spin Studio	09:00 – 09:45 Body Attack (Hayley) Sports Hall
10:15 – 11:15 Zumba (Sarah) Sports Hall	9.15 – 10.00 Body Pump (Virtual) Studio 1	9:15 – 10:00 Group Cycle (Sharon) Spin Studio	9:00 – 9:55 Pilates (Helen) Sports Hall	11:10 – 12:00 Zumba (Sarah) Sports Hall	10:15 – 11:00 Conditioning (Daniele J) Sports Hall	10:00 – 11:00 Body Combat (Hayley) Sports Hall
12.00 – 13.00 Low Impact Exercise (PT Team) Sportshall*	12.15 – 13.00 Body Pump (Virtual) Studio 1	10.15 – 11.00 Body Pump (Virtual) Studio 1	10:15 – 11:00 Body Combat (Hayley) Sports Hall	17.30 – 18.15 Sh'Bam (Virtual) Studio 1	11.15 – 12.00 Body Balance (Virtual) Studio 1	10:45 – 11:30 RPM (Virtual) Spin Studio
12:15 – 13:00 RPM Virtual Spin Studio	17.15 – 18.00 Body Pump (Virtual) Studio 1	12.00 – 13.00 Low Impact Exercise (PT Team) Sportshall*	11:15 – 12:00 Group Cycle (Carol D) Spin Studio	18:15 – 19:15 Body Combat (Jude) Sports Hall	17.00 – 17.45 Body Combat (Virtual) Studio 1	11.30 – 12.30 Sh'Bam (Virtual) Studio 1
12:30* - 13:15 Aqua Fit (Judy L) Main Pool	18:15 – 19:00 Group Cycle (Lynne) Spin Studio	12.00 – 12.45 Body Pump (Virtual) Studio 1	13:50 – 14:50 Zumba Gold (Judy L) Sports Hall	18:45 – 19:30 RPM Virtual Spin Studio		16.30 – 17.15 Body Pump (Virtual) Studio 1
12.30 – 13.15 Body Pump (Virtual) Studio 1	18:45 – 19:30 Body Combat (Mike) Sports Hall	12:15 – 13:00 RPM Virtual Spin Studio	18:00 – 18:45 Body Attack (Claire) Sports Hall			
17.45 – 18.30 Body Pump (Virtual) Studio 1	19:30 – 20:15 RPM Virtual Spin Studio	17.00 – 17.45 Body Pump (Virtual) Studio 1	18:15 – 19:00 Group Cycle (Adam) Spin Studio			
18:00 – 19:00 Yoga (Lindsey) Sports Hall		18:00 – 19:00 Pilates (Judy L) Sports Hall	19:15 – 20:00 Body Combat (Jude A) Sports Hall			
19:00 – 19:45 Group Cycle (Lynne) Spin Studio		18:15 – 19:00 RPM Virtual Spin Studio	19:30 – 20:15 RPM Virtual Spin Studio			
19:15 – 20:00 Body Combat (Carol D) Sports Hall		19:15 – 20:00 Zumba (Judy L) Sports Hall	20:15 – 21:15 Yoga (Lindsey) Sports Hall			

*Class commences w/c 24.05.21



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/>

Group Exercise Timetable – Woolston Neighbourhood Hub

Classes available from Monday 17th May 21

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 – 10:00 Yoga Bernie C	09:15 – 10:00 Beginners Yoga Julie N	09:00 – 09:45 AquaFit Kay W	09:30 – 10:15 Beginner Pilates Penny F	09:15 – 10:00 Zumba Carole G	10:00 – 10:45 Body Conditioning Helen Mck	
10:45 – 11:30 Body Conditioning Donna C	10:15 – 11:00 Beginners Yoga Julie N	09:15 – 10:00 Zumba Carole G	10:30 – 11:15 Intermediate Pilates Penny F	10:15 – 11:00 Body Conditioning Carole G	11:00 – 11:45 Pilates Helen Mck	
18:00 – 18:45 Legs,Bums & Tums Phillipa D	18:00 – 18:45 Legs,Bums & Tums Phillipa D	10:15 – 11:00 AquaFit Kay W	18:00 – 18:45 Body Conditioning Helen Mck			
	19:00 – 19:45 Yoga Jan T	10:15 – 11:00 Body Conditioning Carole G	19:00 – 19:45 Pilates Helen Mck			
		18:00 – 18:45 Zuma Carole G				
		19:00 – 19:45 Legs,Bums & Tums Phillipa D				



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Group Exercise Timetable - Birchwood Leisure and Tennis Complex

Classes available from Monday 17th May 21



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 – 10:15 Aerobics (Donna C) Studio	12:15 - 13:00 Body Pump (Sharon) Studio	09:30 – 10:15 Group Cycle (Donna C) Studio	09:30 – 10:15 Yoga (Jan) Studio	17:45 - 18:30 Group Cycle (Donna B) Studio	09:00 – 09:30 Metafit (Julie) Studio	09.15- 10.00 Group Cycle (Donna B) Studio
18:15 - 19:00 Body Pump (Donna C) Studio	18:15 - 19:00 Body Pump - TBC Studio	18:15 - 19:00 Pilates (Jan) Studio	10:30 – 11:15 Salsacise (Jan) Studio		09:45 - 10:45 Yoga (Julie) Studio	
19:30 – 20:15 Body Pump (Donna C) Studio	19:30 - 20:15 Body Pump - TBC Studio	19:45 - 20:15 HIT - TBC Studio	18:15 - 19:00 Group Cycle (Donna C) Studio			
			19:30 - 20:15 Group Cycle (Donna C) Studio			

Group Exercise Timetable – Broomfields Leisure Centre

Classes available from Monday 17th May 21

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 – 18:15 Pilates Sports Hall	18:00 – 18:45 Group Cycle Sports Hall				TBC	10:15 – 11:00 HIIT Sports Hall
	19:15 – 20:00 Group Cycle Sports Hall		19:15 – 20:00 Group Cycle TBC Sports Hall			



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