

Monday's timetable

Main Studio

09:15 45 MIN	Cardio Combat ANOUSHKA MOORE
10:05 30 MIN	HIIT ANOUSHKA MOORE
11:15 45 MIN	Les Mills Body Pump HEIDI COWEN
12:30 60 MIN	Restorative Yoga STUART PILKINGTON
16:00 120 MIN	Teen Gym
18:00 45 MIN	Cardio Body Blitz GEORGINA BASSO
19:00 45 MIN	Reshape Glutes & Core BERTRAND CHARLES

Cycle Studio

06:30 45 MIN	ICG Coach by Color® SIMONE FARRINGTON
08:00 45 MIN	ICG Coach by Color® ANOUSHKA MOORE
09:15 45 MIN	ICG Coach by Color® VICTORIA WARD
10:15 30 MIN	Get Fitter VICTORIA WARD
18:00 45 MIN	ICG Coach by Color® BERTRAND CHARLES

Pool

10:15 45 MIN	Aqua HEIDI COWEN
10:15 45 MIN	Sing & Splash RESLI TAYLOR

Kaizen Studio

08:15 45 MIN	Vinyasa Flow CATHY RAWLINGS
09:15 45 MIN	Vinyasa Flow CATHY RAWLINGS
10:15 45 MIN	Pilates ALEXANDRA DAVIS
11:15 60 MIN	Hatha Yoga JANET LONG
18:00 45 MIN	Barre Pilates SARAH NIXON
19:00 60 MIN	Yoga STUART PILKINGTON
20:00 60 MIN	Breath & Body Meditation STUART PILKINGTON

Tennis / Padel Courts

11:00 60 MIN	Introduction to Padel FERNANDO MENDENDEZ
12:00 45 MIN	Ladies Padel FERNANDO MENDENDEZ
16:00 60 MIN	Kids Padel FERNANDO MENDENDEZ

Tuesday's timetable

Main Studio

09:15
45 MIN
Metafit & Abs
JONATHAN CHIANCA

10:15
45 MIN
Kettlercise
ANOUSHKA MOORE

11:15
45 MIN
LBT
JONATHAN CHIANCA

16:00
120 MIN
Teen Gym

18:00
45 MIN
Diva Fever
JONATHAN CHIANCA

19:00
45 MIN
Sculpt
JONATHAN CHIANCA

Cycle Studio

06:30
45 MIN
ICG Coach by Color®
SIMONE FARRINGTON

08:00
45 MIN
ICG Coach by Color®
ANOUSHKA MOORE

09:15
45 MIN
ICG Connect®
ANOUSHKA MOORE

19:00
45 MIN
ICG Coach by Color®
HEIDI COWEN

Kaizen Studio

09:30
45 MIN
Slow Flow
LUCY WATSON

10:30
45 MIN
Chi Ball Pilates
TRACEY TERRIBLE

11:30
45 MIN
Barre Pilates
SARAH NIXON

18:00
45 MIN
Pilates
HEIDI COWAN

19:00
55 MIN
Yin & Yang Yoga
SARAH MARTIN

20:00
60 MIN
Restorative Yoga & Meditation
SARAH MARTIN

Pool

10:15
45 MIN
Splash Dance
JONATHAN CHIANCA

Wednesday's timetable

Main Studio

06:30
45 MIN
Bootcamp
NATHAN FLETCHER

09:15
45 MIN
SoulSculpt
ANOUSHKA MOORE

10:15
45 MIN
Zumba
BECCI ELLIOT

11:15
45 MIN
Pump It Up
BECCI ELLIOTT

16:00
120 MIN
Teen Gym

18:00
45 MIN
Reshape Abs 'n' Arms
GEORGE BASSO

19:00
60 MIN
Beginners Yoga
KEIRA ROWE

20:15
60 MIN
Touch Tennis
CHESHIRE TENNIS

Cycle Studio

06:30
45 MIN
ICG Coach by Color®
VIRTUAL CYCLING

08:00
45 MIN
ICG Coach by Color®
ANOUSHKA MOORE

09:15
45 MIN
ICG Coach by Color®
GEORGINA BASSO

10:15
30 MIN
Get Fitter
GEORGINA BASSO

18:00
45 MIN
ICG Coach by Color®
HANNAH WARD

Tennis / Padel Courts

11:00
60 MIN
Introduction to Padel
FERNANDO MENDENDEZ

12:00
45 MIN
Ladies Padel
FERNANDO MENDENDEZ

18:00
60 MIN
Tactical Padel (3 people max)
FERNANDO MENDENDEZ

Kaizen Studio

09:15
45 MIN
Pilates On The Hog
TRACEY TERRIBLE

10:15
45 MIN
Classic Barre
CAROLINE VICKERS

11:30
45 MIN
Fitness Pilates
SARAH NIXON

12:30
60 MIN
Somatic Movement
LISA JONES

18:00
45 MIN
Pilates & Barre
TRACEY TERRIBLE

19:00
45 MIN
Barre Sculpt
GEORGE BASSO

20:00
60 MIN
Power + Flow
KIERA ROW

Pool

10:15
45 MIN
Aqua
ANOUSHKA MOORE

10:15
45 MIN
Sing & Splash
RESLI TAYLOR

Thursday's timetable

Main Studio

07:00 45 MIN	Sunrise Yoga KEIRA ROWE
09:15 45 MIN	Cardio Body Blitz GEORGE BASSO
10:15 45 MIN	Kettlercise ANOUSHKA MOORE
11:15 45 MIN	Pilates Sculpt TRACEY TERRIBLE
16:00 120 MIN	Teen Gym
18:00 45 MIN	Les Mills Body Pump BERTRAND CHARLES

Cycle Studio

06:30 45 MIN	ICG Coach by Color® HANNAH WARD
08:00 45 MIN	ICG Coach by Color® ANOUSHKA MOORE
09:15 45 MIN	ICG Connect® ANOUSHKA MOORE
19:00 45 MIN	ICG Coach by Color® BERTRAND CHARLES

Tennis / Padel Courts

18:30 45 MIN	Mens Padel Session FERNANDO MENDENDEZ £12.50
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Kaizen Studio

08:15 45 MIN	Pilates TRACEY TERRIBLE
09:15 45 MIN	Pilates TRACEY TERRIBLE
10:15 75 MIN	Vinyasa Flow CATHY RAWLINGS
11:15 45 MIN	Somatic Movement LISA JONES
12:15 45 MIN	Classic Barre TRACEY TERRIBLE
18:30 60 MIN	Hot Yoga AMANDA REILY
19:45 60 MIN	Hot Yoga Intermediate/Advanced AMANDA REILY

Pool

10:15 45 MIN	Aquacise GEORGE BASSO
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Friday's timetable

Main Studio

06:30
45 MIN
Bootcamp+
RUTH ARNOLD

09:15
45 MIN
Sculpt
JONATHAN CHIANCA

10:15
45 MIN
Diva Fever
JONATHAN CHIANCA

11:05
45 MIN
Extreme Sculpt
JONATHAN CHIANCA

12:00
60 MIN
Shringara Flow &
Mindfulness
STUART PILKINGTON

16:00
120 MIN
Teen Gym

Cycle Studio

06:30
45 MIN
ICG Coach by Color®
SIMONE FARRINGTON

08:00
45 MIN
ICG Tour Cycle
ANOUSHKA MOORE

09:15
45 MIN
ICG Coach by Color®
ANOUSHKA MOORE

10:15
30 MIN
Get Fitter
ANOUSHKA MOORE

Tennis / Padel Courts

12:00
60 MIN
Introduction to Padel
FERNANDO MENDENDEZ

16:00
45 MIN
Kids Padel
FERNANDO MENDENDEZ

17:00
60 MIN
Tactical Padel (3 people max)
FERNANDO MENDENDEZ

Kaizen Studio

09:15
45 MIN
Pilates
ALEX DAVIS

10:15
60 MIN
Somatic Movement
LISA JONES

11:30
45 MIN
Classic Barre
CAROLINE VICKERS

12:30
45 MIN
Fitness Pilates
CAROLINE VICKERS

17:15
45 MIN
Slow Flow Yoga
CATHY RAWLINGS

Saturday's timetable

Main Studio

09:00
45 MIN
Hale HIIT
RUTH ARNOLD

09:00
UNTIL 4PM
Team Gym

10:30
45 MIN
Body Tone
BECCI ELLIOTT

11:15
45 MIN
Zumba
BECCI ELLIOTT

Gym Floor

11:30
60 MIN
Women's Weightlifting
SAM KELVEY

12:30
60 MIN
Mixed Weightlifting
SAM KELVEY

Cycle Studio

09:00
45 MIN
ICG Coach by Color®
VICTORIA WARD

10:00
45 MIN
ICG Connect®
VICTORIA WARD

Football Pitch

09:00
60 MIN
Multisports 4-9 Yrs
JOSH BATES

10:00
60 MIN
Multisports 10-15 Yrs
JOSH BATES

Kaizen Studio

09:00
45 MIN
Yogalates
CATHY RAWLINGS

10:00
60 MIN
Yin Yoga
CATHY RAWLINGS

11:15
60 MIN
Ashtanga Vinyasa
CATHY RAWLINGS

12:30
45 MIN
Family Yoga
CATHY RAWLINGS

Tennis Court 1

09:00
60 MIN
Kids Tennis 4-8 Yrs
CHESHIRE TENNIS

10:00
60 MIN
Kids Tennis 8-11 Yrs
CHESHIRE TENNIS

11:00
60 MIN
Kids Tennis 11-15 Yrs
CHESHIRE TENNIS

Sunday's timetable

Main Studio

09:00 UNTIL 4PM	Team Gym
09:00 45 MIN	Reppin' BERTRAND CHARLES
10:00 45 MIN	Step BERTRAND CHARLES
11:00 45 MIN	Les Mills Body Pump BERTRAND CHARLES
13:00 60 MIN	Karate Beginner / Intermediate JASON NETHERTON
14:00 60 MIN	Karate Intermediate / Advanced JASON NETHERTON

Cycle Studio

10:00 45 MIN	ICG Coach by Color® VICTORIA WARD
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Football Pitch

09:00 60 MIN	Football 4-9 Yrs JOSH BATES
10:00 55 MIN	Football 10-15 Yrs JOSH BATES

Kaizen Studio

09:00 45 MIN	Classic Barre CAROLINE VICKERS
10:00 55 MIN	Yin / Yang Yoga LYNDSEY HOLDEN
11:00 75 MIN	Warm Restorative Flow with Nidra LYNDSEY HOLDEN

Tennis Court 1

09:30 90 MIN	Social Tennis CHESHIRE TENNIS
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