

CONGLETON LEISURE CENTRE

FITNESS TIMETABLE (FROM 29TH JUNE 2023)



MONDAY	
06:30 - 07:00	TRAIN
09:15 - 10:00	AquaFit
09:30 - 10:15	Group Cycling
10:15 - 11:00	Boxercise
11:15 - 12:15	BODY BALANCE
12:30 - 13:15	Circuits GOLD
14:00 - 14:45	Group Cycling
17:30 - 18:15	BODYCOMBAT
17:30 - 18:15	Group Cycling
17:30 - 18:30	Pilates
18:30 - 19:00	BODYPUMP Express*
18:30 - 19:15	Group Cycling
19:00 - 19:45	Clubbercise

TUESDAY	
07:15 - 08:00	Group Cycling - RPM
09:30 - 10:15	BODYPUMP
10:15 - 10:45	BODYCOMBAT Exp*
11:00 - 12:00	Menopause Pilates
11:30 - 12:15	Group Cycling
12:00 - 12:45	Kettlebells
12:15 - 13:00	DanceFit
16:00 - 17:00	Next Gen Gym
17:30 - 18:15	Group Cycling
18:30 - 19:15	Circuits
19:30 - 20:15	TRAIN Power
20:00 - 21:00	Yoga

WEDNESDAY	
06:30 - 07:00	TRAIN
09:15 - 10:00	AquaFit
09:30 - 10:15	Kettlebells
10:30 - 11:30	Yoga
10:30 - 11:15	Group Cycling - RPM
12:30 - 13:00	TRAIN
12:30 - 13:15	Group Cycling
13:45 - 14:15	Baby Yoga
17:30 - 18:15	Yoga
17:30 - 18:15	Group Cycling
18:30 - 19:15	Kettlebells
18:30 - 19:15	BODYCOMBAT
19:30 - 20:15	Pilates

THURSDAY	
06:30 - 07:15	Group Cycling - RPM
09:30 - 10:15	BODYPUMP
10:30 - 11:15	BOYCOMBAT
11:30 - 12:15	BODYBALANCE
12:30 - 13:15	Group Cycling
12:30 - 13:15	TRAIN Power
16:00 - 17:00	Next Gen Gym
17:30 - 18:00	GRIT Series
18:00 - 18:45	Legs Bums Tums
18:00 - 18:45	Group Cycling
18:30 - 19:00	TRAIN
19:15 - 20:00	Core

FRIDAY	
06:30 - 07:00	TRAIN
09:30 - 10:15	Circuits
09:30 - 10:15	Zumba GOLD
10:30 - 11:15	Yoga
11:30 - 12:30	Pilates
12:15 - 13:00	Group Cycling
12:30 - 13:15	BODYPUMP
14:30 - 15:30	Yoga
17:30 - 18:00	TRAIN
17:30 - 18:15	Group Cycling - Family
18:30 - 19:15	Pilates

SATURDAY	
08:30 - 09:15	TRAIN Power
09:00 - 09:45	Aerobics
09:00 - 09:45	Group Cycling
12:00 - 12:45	Group Cycling
12:00 - 13:00	Yoga

SUNDAY	
08:30 - 09:00	TRAIN
09:30 - 10:15	Group Cycling
10:00 - 11:00	Pilates

SAVE TIME, BOOK ONLINE!

Book your classes using the Everybody booking portal. Everybody members get classes as part of their membership, plus 8-days advance booking!

KEY

Cardio
Cycling
Dance
HIIT
Mind & Body
Strength

*'Express'/'Exp' denotes a 30-minute class duration where a 45-minute version of the same class is also available

Virtual classes will also be available. For full class descriptions please visit the Everybody website

www.everybody.org.uk