

Altrincham Leisure Centre			
MON	Body Conditioning	09.30	Lower P Hall
	Spinning	09.30	Spin Studio
	Strech & Tone * (30 mins)	10.00	Main Hall
	Yoga Stretch *	10.30	Lower P Hall
	H2O Water Workout*	10.30	Main Pool
	Spinning	18.15	Spin Studio
	Aerobics	18.30	Lower p Hall
	Spinning	19.15	Spin Studio
	Circuit Training	19.15	Main Hall
	Body Conditioning	19.30	Lower P Hall
TUES	Aerobics	09.30	Lower P Hall
	Body Conditioning	10.30	Lower P Hall
	Line Dancing *	11.30	Lower P Hall
	Pilates (Ladies Only)	12.00	Lower P Hall
	Spinning	18.00	Spin Studio
	Begin to Step (30 Mins)	18.00	Lower P Hall
	Step	19.00	Lower P Hall
	Spin	19.00	Spin Studio
	Pilates	19.30	Upper P Hall
	WED	Spinning	09.30
Total Workout		09.30	Lower P Hall
Yoga (Ladies Only) *		10.30	Lower P Hall
Strech & Strengthen - Rehab		12.15	Upper P Hall
Spinning		18.00	Spin Studio
Aeromix		19.15	Main Hall
THURS	Spinning	9.30	Spin Studio
	Total Workout	09.30	Lower P Hall
	Yoga	10.30	Lower P Hall
	Spinning	18.00	Spin Studio
	Spinning	19.00	Spin Studio
	Aerobics & Tone (Ladies Only)	19.30	Lower P Hall
FRI	Step	09.30	Lower P Hall
	Body Conditioning	10.30	Lower P Hall
	Aqua Natal	12.15	Small Pool
SAT	Spinning	10.30	Lower P Hall
SUN	Spinning	10.00	Spin Studio
	Begin to Sep	10.30	Lower P Hall
	Step	11.00	Lower P Hall
	Salsa	17.00	Lower P Hall

George H Carnall Leisure Centre			
MON	Gentle Aerobics *	10.00	Main Hall
	Yoga (75 Mins) *	19.15	FunctionRoom
TUES	Yoga (75 Mins) *	10.00	practice Hall
	Dance Aerobics	18.15	Function Room
WED	Circuits	09.30	Main Hall
	Pilates *	19.00	Function Room
	Circuits	19.00	Main Hall
THURS	Gentle Aerobics *	09.30	Main Hall
	Pilates *	10.05	Aerobic Studio
	Fitball Conditioning	18.20	Aerobic Studio
	Body Conditioning	19.30	Function Room
FRI	Total Workout	09.30	Aerobic Studio
SAT	Abs Workout	12.15	Aerobic Studio

Stretford Leisure Centre				
MON	Spinning	07.15	Spin Studio	
	Gentle Aerobics *	10.00	Main Hall	
	Yoga *	11.45	Practice Hall	
	Spinning (30 Mins)	12.15	Spin Studio	
	Aqua Natal	18.00	Main Pool	
	Aerobics	18.15	Practise Hall	
	Spinning (30 Mins)	19.30	Spin Studio	
	Pilates	19.30	Practice Hall	
	TUES	Pilates	12.15	Practise Hall
		Spinning (30 Mins)	17.30	Spin Studio
Pump (50 Mins)		18.10	Main Hall	
Aeromix		19.15	Main Hall	
WED	Spinning	07.15	Spin Studio	
	Gentle Aerobics *	10.00	Main Hall	
	Spinning (30 Mins)	12.15	Spin Studio	
	Abs, Spin & Posture	13.00	Practice Hall	
	Spinning (30 Mins)	19.30	Spin Studio	
	Hatha Yoga *	19.15	Practise Hall	
	H2O Water Workout *	20.10	Main Pool	
THURS	Spinning (30 Mins)	12.15	Spin Studio	
	Pilates	12.30	Practice Hall	
	Body Pump	17.30	Main Hall	
	Dance Mats - Family	17.00	Spin Studio	
FRI	Body Conditioning	19.20	Main Hall	
	Strech & Tone *	10.00	Main Hall	
	Abs, Spine & Posture	12.15	Practice Hall	
SAT	Pilates *	18.15	Practice Hall	
	Pilates *	09.30	Practitce Hall	
SUN	Abs, Spine & Posture	10.00	Practice Hall	
	Spinning	10.45	Spin Studio	

Urmston Leisure Centre			
MON	H2O Water Workout *	14.30	Main Hall
	Combat	18.00	Practice Hall
	Body Conditioning	19.00	Main Hall
	H2O Water Workout *	21.00	Main Pool
TUES	Pilates *	12.30	Practice Hall
	Hatha Yoga *	18.15	Practice Hall
	Circuit Training	19.00	Main Hall
	Zumba	20.15	Main Hall
WED	Spinning	07.15	Practice Hall
	H2O Water Workout	10.30	Main Pool
	Spinning	17.45	Practice Hall
	Dance Aerobics	18.00	Main Hall
	Body Conditioning	19.00	Main Hall
THURS	Kick Box Circuits	18.00	Practice Hall
	Aeromix	19.05	Main Hall
	Spinning (30 Mins)	19.30	Practice Hall
FRI	Gentle Aerobics *	10.30	Practice Hall
	Pilates	18.15	Practice Hall
SAT	Total Workout	10.00	Practice Hall

Sale Leisure Centre			
MON	Stretch & Tone *	09.45	Practice Hall
	Zumba	10.00	Main Hall
	Abs Workout	12.40	Practice Hall
	Body Conditioning	18.15	Dance Studio
	Schwinn Indoor Cycling	18.30	Spin Studio
	Body Conditioning	19.15	Dance Studio
	Circuit Training	19.15	Main Hall
	Schwinn Indoor Cycling	19.30	Spin Studio
	Aqua Aerobics *	20.00	Main Pool
	TUES	Schwinn Indoor Cycling	09.30
Gentle Aerobics *		09.45	Practice Hall
Aqua Aerobiocs *		12.00	Club Pool
Yoga *		12.30	Practice Hall
Spinning		18.15	Spin Studio
WED	Aeromix	19.30	Main Hall
	Body Conditioning	09.30	Main Hall
	Yoga *	10.30	Practice Hall
	Pilates *	18.15	Activity Room 2
THURS	Total Workout	18.10	Main Hall
	Spinning	18.15	Spin Studio
	Spinning Begin to	19.00	Spin Studio
	Circuit Training	19.15	Main Hall
	Body Conditioning *	10.00	Practice Hall
	Line Dancing *	11.00	Practice Hall
	Aqua Aerobics *	12.00	Club Pool
Spinning (30 Mins)	12.30	Spin Studio	
FRI	Combat	18.00	Practice Hall
	Schwinn Indoor Cycling	18.00	Spin Studio
	Schwinn Indoor Cycling	19.00	Spin Studio
	Yoga	19.00	Practice Hall
	Pump	19.15	Main Hall
	Schwinn Indoor Cycling	09.15	Spin Studio
	Circuit Training	19.00	Main Hall
	Combat	09.30	Main Hall
	Pump	11.15	Main Hall
	SUN	Aeromix	11.15

Partington Sports Village			
MON	Total Workout	18.30	Gym
TUES	Yoga *	10.30	Gym
	Circuit Training	18.45	Main Hall
WED	Aqua Aerobics *	10.30	Main Pool
	Fitball	18.00	Gym
THURS	Abs & Posture	19.00	Gym

Old Trafford Sports Barn			
MON	Circuit Training	10.00	Main Hall
	Yoga	11.00	Main Hall
TUES	Brasilian Body Sculpt	18.00	Main Hall
	Pilates	18.45	Main Hall
WED	Latin Step	18.00	Main Hall
FRI	Circuit Training	10.00	Main Hall

Some classes have limited availability. Timetable correct at time of print, check reception & notice boards for more details. Please arrive at your class promptly to avoid disappointment if you arrive late you might be refused admission, all classes last atleast 45 of 55 minutes unless otherwise stated. \* Stay Active Sessions - Suitable for any adults any age & all abilities.