



HLC CLASS TIMETABLE

MONDAY	6:45-7:30 Spin	9:00-9:30 Les Mills Virtual Spin	9:00-9:45 Aqua	9:15-10:00 Les Mills Virtual Bodypump	10:15-10:45 Abs blast	12:00-12:45 Virtual Spin		4:15-5:00 Teen Class	5:30-6:15 Spin	6:30-7:15 Power	7:30-8:30 Yoga (Dione)
TUESDAY	7:15-8:00 HIIT	9:30-10:15 Spin	9:15-10:00 Dance Fit (Tara)	10:15-11:00 Yoga (Dione)		12:00-12:45 Virtual Spin	4:15-5:00 Teen Class	5:45-6:30 HIIT	6:45-7:30 Les Mills Virtual Spin		19:30-20:15 Aqua
WEDNESDAY	6:45-7:30 Spin	9:00-9:45 Les Mills Virtual Spin	9:00-9:45 Aqua	9:15-10:00 Pilates (Tara)	10:15-11:00 Les Mills Virtual Bodyattack	12:00-12:45 Virtual Spin			5:45-6:30 Spin (Kev)	6:45-7:30 Circuits (Kev)	8:00-8:45 Pilates (Tara)
THURSDAY	7:15-8:00 HIIT	9:00-9:45 Spin		10:00-10:45 Bodypump (Cristina)	12:00-1:00 Mature Movers (Tara)	12:00-12:45 Virtual Spin		5:45-6:30 HIIT	6:45-7:30 Les Mills Virtual Spin	6:45-7:30 Aqua	7:15-8:15 Yoga (Dione)
FRIDAY	7:15-8:00 HIIT	9:00-9:30 Les Mills Virtual Spin	9:00-9:45 Aqua	9:15-10:00 Dance Fit (Tara)	10:15-11:00 Pilates (Tara)	12:00-12:45 Virtual Spin		5:45-6:30 Spin	6:30-7:15 Les Mills Virtual Bodycombat		
SATURDAY	9:00-9:45 Spin	10:00-10:45 Les Mills Virtual Combat				12:00-12:45 Virtual Spin					
SUNDAY	9:00-9:45 HIIT	10:00-10:45 Les Mills Virtual Spin				12:00-12:45 Virtual Spin					

PHYSICAL OR VERBAL ABUSE TOWARDS STAFF WILL NOT BE TOLERATED

SCAN ME



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