

Prenton Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

Monday 6:00 - 22:00				Tuesday 6:00 - 22:00			
08:45-9:30	Dance Fit	Cathy	Studio 1	06:30-7:00	Coach By Colour Spin	Claire	Spin Studio
09:15-9:45	Spin	Alison	Spin Studio	09:15-9:45	Spin	Jorik	Spin Studio
09:45-10:30	Pilates	Cathy	Studio 1	10:00-10:45	Pilates	Diane	Studio 1
10:45-11:30	Pilates	Cathy	Studio 1	10:00-11:00	Les Mills Body Balance	Sara	Studio 2
09:30-10:15	L.B.T	Vicky	Studio 2	10:00-10:30	Rig	Fitness Coach	Gym Floor
09:20-10:05	Aqua	Jorik	Small Pool	11:00-11:45	Aqua	Leanne	Small Pool
10:00-10:30	Rig	Fitness Coach	Gym Floor	11:00-11:45	Les Mills Pump	Sara	Studio 2
11:30-12:15	Aqua	Sara	Small Pool	11:00-11:45	Pilates	Diane	Studio 1
17:15-18:00	Step	Vicky	Studio 2	12:00-13:00	Yoga	Sue	Studio 1
17:30-18:15	Spin	Kate	Spin Studio	12:00-12:45	Aqua	Diane	Small Pool
18:00-18:30	Rig	Fitness Coach	Gym Floor	17:30-18:30	Kids Club	Jess/Vic	Studio 2
18:00-18:45	Kids Club	Vicky/Lu	Studio 1	17:30-18:00	Spin	Claire	Spin Studio
18:00-18:45	Les Mills Combat	Faye	Studio 2	18:00-18:30	Rig	Fitness Coach	Gym Floor
19:00-20:00	Yoga	Diane	Studio 1	18:00-19:00	Pilates	Sara	Studio 1
19:00-19:45	Les Mills Body Pump	Faye	Studio 2				
Wednesday 6:00 - 22:00				Thursday 6:00 - 22:00			
08:45-09:30	Dance Fit	Cathy	Studio 2	09:15-09:45	Spin	Alison	Spin Studio
09:00-09:45	Pilates	Cathy	Studio 1	10:00-10:30	Rig	Fitness Coach	Gym Floor
19:15-09:45	Spin	Gemma	Spin Studio	10:00-11:00	Les Mills Body Balance	Sara	Studio 2
10:00-11:00	Les Mills Pump	Faye	Studio 2	10:00-10:45	Aqua	Jorik	Small Pool
10:00-11:00	Line Dancing	Alison	Studio 1	11:00-12:00	Zumba	Nurul	Studio 2
10:00-10:45	Aqua	Diane	Small Pool	11:20-12:05	Aqua	Sara	Small Pool
11:15-11:45	Dance Fit	Diane	Studio 2	11:30-12:30	Pilates	Cathy	Studio 1
13:00-13:45	Aqua	Sara	Small Pool	14:00-15:15	Yoga	Dionne	Studio 1
17:30-18:00	Spin	Claire	Spin Studio	17:30-18:15	Spin	Steven	Spin Studio
18:00-18:45	Les Mills Body Combat	Faye	Studio 2	18:00-18:30	Rig	Fitness Coach	Gym Floor
19:00-20:00	Yoga	Sue	Studio 1	18:00-18:45	Ravin Fit	Kirsty	Studio 1
19:00-19:45	Les Mills Body Pump	Faye	Studio 2	18:00-18:45	Les Mills Body Pump	Nurul	Studio 2
Friday 6:00 - 21:00				19:00-20:00	Les Mills Body Balance	Louise	Studio 1
06:30-7:00	Spin	Claire	Spin Studio	19:00-19:45	Zumba	Nurul	Studio 2
09:00-09:45	Pilates	Cathy	Studio 1				
09:00-09:45	Tai Chi	Zingbo	Studio 2	Saturday 8:00 - 19:00			
09:15-09:45	Spin	Gemma	Spin Studio	09:00-10:00	Les Mills Body Pump	Louise	Studio 2
09:20-10:05	Aqua	Sara	Small Pool	10:00-11:00	Spin	Alison	Spin Studio
10:00-10:30	Spin	Alison	SpinRoom	10:15-11:15	Les Mills Body Balance	Louise	Studio 2
10:00-10:45	Rig	Fitness Coach	Gym Floor	11:00-11:45	Zumba	Nurul	Studio 1
10:00-10:45	Pilates	Cathy	Studio 1	12:00-13:00	Pilates	Cathy	Studio 1
10:00-10:45	Les Mills Combat	Faye	Studio 2				
11:00-11:45	Les Mills Pump	Faye	Studio 2	Sunday 8:00 - 19:00			
11:00-11:45	Aqua	Diane	Small Pool	10:00-10:45	Spin	Claire	Spin Studio
12:00-13:00	Yoga	Dionne	Studio 1	11:00-11:30	Rig	Fitness Coach	Gym Floor
12:30 -13:15	Aqua	Sara	Small Pool				