

STOCKPORT SPORTS VILLAGE WOODLEY

Studio Timetable

Mon - Fri: 06.30 - 22.00 • Sat: 08.00 - 17.00 • Sun: 08.00 - 19.00

OCTOBER 2019 - APRIL 2020

	TIME	CLASS	AREA	KEY		TIME	CLASS	AREA	KEY		TIME	CLASS	AREA	KEY		
	Monday	09.00 - 09.30	Strength 30	Gym Floor		•	Wednesday	09.30 - 10.15	Body Conditioning		Studio 1	• ☼	Friday	06.30 - 07.00	Synrgy	Gym Floor
09.15 - 10.00		Yogalates	Studio 2	•	10.35 - 11.35	Yoga		Studio 1	• ☼	09.30 - 10.30	KETTFusion	Studio 1		• ☼		
09.30 - 10.15		Triple Hit Training	Studio 1	• ☼	17.30 - 18.15	Body Conditioning		Studio 1	•	09.30 - 10.30	Circuits	Studio 2		• ☼		
18.00 - 18.45		Synrgy	Gym Floor	•	18.30 - 19.00	Triple Hit Training		THT	•	10.30 - 11.15	Dance Fit	Studio 1		• ☼		
18.00 - 18.45		Yogalates	Studio 2	•	18.30 - 19.30	Body Pump		Studio 1	•	18.00 - 18.30	Triple Hit Training	THT		•		
18.00 - 19.00		Body Pump	Studio 1	•	18.30 - 19.30	Yoga		Studio 2	•	18.30 - 19.30	Pilates	Studio 1		•		
18.20 - 19.05		Spin	THT	•	19.30 - 20.30	Body Combat		Studio 1	•	18.45 - 19.30	Family Fitness	Gym Floor		• ☺		
18.45 - 19.05		Abs Blast	Gym Floor	•												
18.45 - 19.45		Yoga	Studio 2	•												
19.45 - 20.45		KETTFusion	Studio 1	•												
Tuesday	06.30 - 07.00	Cardio 30	Gym Floor	•	Thursday	06.30 - 07.00	Cardio 30	Gym Floor	•	Saturday	09.30 - 10.15	Circuits	Studio 1	• ☼		
	09.30 - 10.30	Pilates	Studio 1	• ☼		07.00 - 07.30	Strength 30	Gym Floor	•		10.30 - 11.30	KETTFusion	Studio 1	• ☼		
	09.30 - 10.30	Boxercise	Studio 2	• ☼		09.30 - 10.15	Body Conditioning	Studio 1	• ☼		11.00 - 11.45	Family Fitness	Gym Floor	• ☺		
	17.15 - 18.00	Pilates	Studio 2	•		18.00 - 18.30	Spin 30	THT	•							
	18.15 - 18.45	Plyostep	Studio 1	•		18.30 - 19.00	Triple Hit Training	THT	•							
19.00 - 19.30	Boxfit 30	Studio 1	•	19.00 - 20.00	Body Combat	Studio 1	•									
Sunday	09.30 - 10.00	Triple Hit Training	THT	•												
	10.00 - 10.45	Body Conditioning	Studio 1	•												
	10.15 - 11.00	Family Fitness	Gym Floor	• ☺												
	11.00 - 11.45	Yogalates	Studio 1	•												

KEY - CLASS TYPES

- Classes are included in all relevant membership packages. Non members and those members whose membership type does not include studio access or which have time restrictions, please pay at reception.

- ☼ Classes are run in a course format. See reception for prices & date details.
- £ All members & non members please pay the instructor or reception.
- ☼ Crèche slots available.

CRÉCHE OPENING HOURS

Monday	09.30 - 12.30	☼	Thursday	09.30 - 12.00	☼
Tuesday	09.30 - 12.00	☼	Friday	09.30 - 12.30	☼
Wednesday	09.30 - 12.00	☼	Saturday	09.30 - 12.30	☼

Book your classes online at www.lifeleisure.net or call 0161 494 3140

CLASS	EXERCISE TYPE	DESCRIPTION	CENTRE	CLASS	EXERCISE TYPE	DESCRIPTION	CENTRE	CLASS	EXERCISE TYPE	DESCRIPTION	CENTRE	CLASS	EXERCISE TYPE	DESCRIPTION	CENTRE
AEROBALL/COREBALL	MUSCLE TONING	A GREAT WAY TO TONE UP THE MUSCLES IN YOUR BODY. USING COREBALLS THIS CLASS GIVES YOU A FULL BODY WORKOUT.	HG & HV	BOXFIT/BOXFIT 30	HIGH ENERGY	THIS FANTASTIC CLASS WILL TAKE YOUR TRAINING TO ANOTHER LEVEL. TO GIVE YOU A COMPLETELY DIFFERENT TOTAL BODY WORKOUT CLASS CONSISTS OF GLOVES, PADS, BAGS, CORE AND CIRCUIT CLASS MOVES.	AV, CH, GC, HG, R & SSV	INSANITY	HIGH ENERGY	A CLASS THAT TESTS YOUR FITNESS TO THE LIMIT. THERE IS NO EQUIPMENT NEEDED. IT CONSISTS OF A WIDE VARIETY OF BODY WEIGHT MOVEMENTS IN INTERVALS USING WORK REST RATIOS.	HG	SPIN 30	INDOOR CYCLING	HIGH INTENSITY INTERVAL CYCLING. BRINGING A HIGH LEVEL OF INTENSITY TRAINING TO OUR SPIN CLASSES. USING MOTIVATING MUSIC THIS 30 MINUTE CLASS BOOSTS YOUR METABOLISM AND BURNS CALORIES WHILE IMPROVING YOUR CARDIOVASCULAR FITNESS USING WORK REST RATIOS. USING THESE INTENSE BURSTS YOU WILL ACHIEVE MAXIMUM RESULTS.	AV, CH, HG, HV, R & SSV
AEROBICS/AEROTONE	CARDIO & TONING	HIGHLY MOTIVATING CLASS TO GET YOUR PULSE RACING AND HEART PUMPING. A COMBINATION OF HIGH AND LOW IMPACT ROUTINES.	AV, HG & R	CARDIO 30	FAST CLASS	A 30 MINUTE CLASS IN THE GYM FOR ALL ABILITIES. USING CARDO EQUIPMENT, THIS CLASS WILL DEFINITELY IMPROVE YOUR FITNESS.	CH & SSV	IYENGA YOGA	HOLISTIC	IT IS A PRECISE FORM OF YOGA WITH THE EMPHASIS ON THE CORRECT ALIGNMENT OF THE BODY. THE POSTURES ARE DESIGNED TO IMPROVE STRENGTH, TONE AND FLEXIBILITY AND WILL LEAVE YOU FEELING REFRESHED, CALMED AND INVIGORATED.	CH & HG	SPIN	INDOOR CYCLING	A FUN AND FAST INDOOR CYCLING EXPERIENCE GUARANTEED TO BURN MAXIMUM CALORIES AND IMPROVE FITNESS LEVELS. A HIGHLY MOTIVATING, NON-IMPACT CLASS SUITABLE FOR ALL AGES AND ABILITIES.	AV, CH, GC, HG, HV, R & SSV
ASHTANGA YOGA	HOLISTIC	THIS YOGA INVOLVES SYNCHRONIZING THE BREATHING WITH A PROGRESSIVE SERIES OF POSTURES WHICH PRODUCES INTENSE INTERNAL HEAT, DETOXIFYING THE MUSCLES AND ORGANS WHILE IMPROVING STRENGTH, FLEXIBILITY, CIRCULATION AND CALMS THE MIND.	CH	CIRCUITS 30	FAST CLASS	A MIXTURE OF BODY WEIGHT EXERCISES AND WEIGHT EXERCISE STATIONS. QUICK INTENSE WORKOUT FOR AN ALL OVER BODY WORKOUT.	GC, R & P	KETTFUSION	HIGH ENERGY	A CLASS THAT COMBINES KETTLEBELLS WITH MARTIAL ARTS. ALL OVER BODY WORKOUT THAT IMPROVES STRENGTH AND CARDIOVASCULAR FITNESS.	AV, CH & SSV	STEP	HIGH ENERGY	A FUN AND CHALLENGING CLASS DESIGNED TO TARGET YOUR LEGS, BUNS AND THIGHS. STEP IS A GREAT WAY TO BURN FAT, SHAPE, TONE AND BUILD MUSCLES WITH THE ADDITIONAL CARDO FLUENT IN THAT EXTRA ENERGY IS EXPENDED WHEN STEPPING ON AND OFF THE PLATFORM.	AV, HV & R
AQUA	AQUA CLASS	LIVELY AND FUN POOL BASED EXERCISE TO MUSIC CLASS. EXCELLENT FOR ALL AGES AND FITNESS LEVELS. GREAT CLASS FOR THOSE WITH JOINT PROBLEMS AND PREGNANT LADIES PLEASE ADVISE THE INSTRUCTOR OF PREGNANCY OR INJURIES BEFORE THE CLASS.	AV, CH, R, HG & GC	CIRCUITS	HIGH ENERGY	A VARIETY OF EXERCISE STATIONS USING DIFFERENT PIECES OF EQUIPMENT. ALTERNATIVE EXERCISES GIVEN FOR BEGINNER, INTERMEDIATE OR ADVANCED LEVELS. YOU WILL REPEAT THE EXERCISE FOR A DESIGNATED TIME ON EACH STATION, WHEN TIME IS UP YOU MOVE ALONG TO THE NEXT STATION.	AV, CH, GC, HG, R, P & SSV	KETTLEBELL/ KETTLERCISE	MUSCLE TONING	A WONDERFUL CONDITIONING, FAT LOSS, FITNESS CLASS SUITABLE FOR ALL AGES AND FITNESS LEVELS USING ONE PRICE EQUIPMENT, A KETTLEBELL.	AV, GC, HV & R	STRENGTH 30	FAST CLASS	A FAST AND FUN WAY TO RE SHAPE YOUR BODY. IMPROVE YOUR STRENGTH AND SPEED UP YOUR METABOLISM.	R
BATTLE ROPES	HIGH ENERGY	FUNCTIONAL TRAINING CLASS CENTRED AROUND THE USE OF BATTLE ROPES COVERING BOTH STRENGTH AND ENDURANCE. SUITABLE FOR ALL FITNESS LEVELS.	HV	CLUBBERCISE	DANCE AEROBICS	IF YOU LIKE THE IDEA OF A FITNESS CLASS THAT FEELS MORE LIKE A NIGHT OUT THAN A WORKOUT YOU'LL LOVE CLUBBERCISE. FUN EASY TO FOLLOW LOW IMPACT FITNESS ROUTINES USING BATTLE ROPES TO CLUB ANTHEMS FROM M'S CLASSICS TO THE LATEST CHART HITS TAUGHT IN A DARKENED ROOM WITH DISCO LIGHTS.	CH, GC, HG & HV	KETTRHYTHM	MUSCLE TONING	KETTRHYTHM USES SMALLER KETTLEBELLS IN A DANCE BASED FORMAT INTRODUCING MODERN AFRICAN AND BHANGRA DANCE MOVES.	R	STRETCH & RELEASE	HOLISTIC	A LOW INTENSE CLASS THAT LEAVES YOU FEELING LONG, STRONG AND CENTERED. THIS CLASS IS DESIGNED TO TONE, RELAX AND REHEW.	R
BLT	MUSCLE TONING	A FANTASTIC TONING, CONDITIONING AND AEROBICS CLASS THAT TARGETS THE BUNS, LEGS AND THIGHS USING BODY WEIGHT AND THE OPTION TO ADVANCE YOUR WORKOUT WITH WEIGHTS AND RESISTANCE BANDS.	AV, CH, GC, HG, HV & R	CORE CONDITIONING/ CORE 30	FAST CLASS	A FAST AND FUN WAY TO ATTACK YOUR ABS AND STRENGTHEN YOUR CORE. THIS WILL HELP IMPROVE POSTURE AND BALANCE AND THE ALL-IMPORTANT WAIST LINE. GREAT TO ACHIEVE A BETTER TONED AND FUNCTIONAL CORE.	AV, CH, HG, HV, P & R	METABOLIC EFFECT	HIGH ENERGY	METABOLIC EFFECT TRAINING IS A UNIQUE TYPE OF EXERCISE UTILISING MULTIPLE JOINT MOVEMENTS AND FULL BODY EXERCISES TO CREATE A RAPID EFFECT ON THE METABOLISM.	R	STRONG BY ZUMBA	HIGH ENERGY	COMBINES HIGH INTENSITY INTERVAL TRAINING WITH THE SCIENCE OF SYNCED MUSIC. MOTIVATION. THE COMBINATION PUSHES YOU PAST YOUR PERCEIVED LIMITS TO REACH YOUR FITNESS GOALS FASTER.	HG & HV
BODY ATTACK	HIGH ENERGY	A SPORTS-INSPIRED CARDIO WORKOUT FOR BUILDING STRENGTH AND STAMINA. THIS HIGH-ENERGY INTERVAL TRAINING CLASS COMBINES ATHLETIC AEROBIC MOVEMENTS WITH STRENGTH AND STABILISATION EXERCISES.	CH	DANCE FIT	DANCE AEROBICS	DANCE AEROBICS COMBINES CLUBBERCISE, BURLEEXERCISE, AND ZUMBA INSPIRED MOVES WITH SOME LIGHT RESISTANCE EXERCISES TO FINISH.	HG & HV	METAFIT	HIGH ENERGY	METAFIT IS THE ORIGINAL 30 MINUTE METABOLIC WORKOUT THAT JUST KEEPS WORKING GREAT MUSIC EFFECTIVE WORKOUT USING ONLY BODYWEIGHT EXERCISES.	CH	TAI CHI	HOLISTIC	A TRADITIONAL CHINESE METHOD OF EXERCISE WORKING WITH THE FLOW 'CHI' OR ENERGY. MOVEMENT IS SLOW AND MEDITATIVE PROMOTING HARMONY BETWEEN THE MIND AND BODY.	AV & HG
BODY COMBAT	HIGH ENERGY	A NON-CONTACT MARTIAL ARTS BASED CLASS TO MUSIC. JAB, KICK AND ATTACK YOUR WAY TO IMPROVING YOUR FITNESS LEVELS AND TONE UP.	AV, GC, HV, HG, R & SSV	FAMILY GYM	CARDIO & TONING	A FAMILY SESSION IN THE GYM. A CHANCE TO EXERCISE AS A FAMILY.	CH, HG & HV	MILITARY CIRCUIT	HIGH ENERGY	ARMY BODY CAMP BASED CIRCUIT TRAINING. A GREAT WAY TO IMPROVE BOTH STRENGTH AND CARDIOVASCULAR FITNESS AND TO REPEAT GAIN FUNCTIONAL STRENGTH WITHOUT ADDING THE BULK.	CH	TRIPLE HIT TRAINING (THT)	HIGH ENERGY	THIS IS THE NEXT LEVEL WORKOUT MADE UP OF THREE ELEMENTS CARDO, STRENGTH AND PLYO. THIS IS A NEW CONCEPT IN GROUP EXERCISE SET IN A BESPOKE STUDIO.	CH, HV & SSV
BODY CONDITIONING	MUSCLE TONING	THIS CLASS USES THE LATEST BODY SCULPTING EXERCISES AND WILL WORK ON EVERY SINGLE MUSCLE IN THE BODY IN ORDER TO CREATE THE PERFECT TONED BODY AND SHAPE.	AV, GC, HV, HG, R & SSV	HITSTEP	HIGH ENERGY	A NEW INNOVATIVE 30 MINUTE HIT EXERCISE CLASS USING ONLY BODY WEIGHT AND A STEP. IT HAS BEEN DEVELOPED USING THE EXPERTISE AND EXPERIENCE FROM THOSE THAT HAVE COMPETED AND WORKED WITH TEAMS.	GC & SSV	P90X	HIGH ENERGY	IT COMBINES A VARIETY OF EXERCISE TECHNIQUES, INCLUDING STRENGTH TRAINING, CARDIO, CORE, PLYOMETRICS AND STRETCHING.	HG	YANG TAI CHI SWORD	HOLISTIC	YANG TAI CHI SWORD CONSISTS OF THE IMPORTANT SWORD TECHNIQUES PRESENT IN VARIOUS STYLES OF MARTIAL ARTS AND TAI CHI.	HG
BODY PUMP	MUSCLE TONING	WEIGHT TRAINING TO CHOREOGRAPHED MUSIC IN THE STUDIO. THIS WORKOUT WILL SERIOUSLY CHANGE THE SHAPE OF YOUR BODY. EACH BODY PART IS WORKED IN TURN USING A BARRELL TO IMPROVE STRENGTH AND BODY SHAPE.	AV, CH, GC, HV, HG, R & SSV	HATHA YOGA	HOLISTIC	FOCUSSES ON BRINGING YOUR MIND AND BODY TOGETHER. POSTURES ARE PERFORMED WITH BREATHING TECHNIQUES THAT ALLOW YOU TO FEEL CALMER, YET ENERGISED AFTER EACH SESSION.	CH, HG & P	PILATES	HOLISTIC	STRENGTH & RELAXATION FOR YOUR BODY AND MIND. IMPROVES POSTURE WITH ABSOLUTE ABDOMINAL CONTROL. CLASS ENABLES YOU TO ACHIEVE A FINER FITTER BODY.	AV, CH, HG, HV, R, P & SSV	YOGA	HOLISTIC	FOCUSSES ON BRINGING THE MIND AND BODY TOGETHER. POSTURES ARE PERFORMED WITH BREATHING TECHNIQUES THAT MAKE YOU FEEL CALMER YET ENERGISED.	AV, HV, R & SSV
BOXERCISE/BOXMASTER	HIGH ENERGY	AN INTENSE BOXING-BASED CLASS USING A VARIETY OF PUNCH COMBINATIONS AND EXERCISES. GUARANTEED TO BURN LOTS OF CALORIES.	CH, HG, HV & SSV	H.I.I.T	HIGH ENERGY	HIGH INTENSITY INTERVAL TRAINING. AN ADVANCED FORM OF INTERVAL TRAINING, WITH ALTERNATING PERIODS OF SHORT INTENSE EXERCISE WITH LONGER RECOVERY PERIODS. ALL IS A FORM OF CARDIOVASCULAR EXERCISE. THESE SHORT, INTENSE WORKOUTS WILL IMPROVE FITNESS, METABOLISM AND IV BURNING.	AV, CH, GC, HG, HV & R	POSTNATAL YOGA	HOLISTIC	A CLASS FOR LADIES WHO HAVE JUST HAD A BABY FOCUSSES ON BRINGING MIND AND BODY TOGETHER. POSTURES ARE PERFORMED WITH BREATHING TECHNIQUES THAT ALLOW YOU TO FEEL CALMER, YET ENERGISED AFTER EVERY SESSION AND HELPS LADIES GET THEIR PRE BABY BODY BACK.	CH	YOGALATES	HOLISTIC	A FUSION OF TWO FITNESS DISCIPLINES YOGA AND PILATES. IT BRINGS TOGETHER THE BENEFITS AND FLUID MOVEMENTS OF EACH DISCIPLINE.	AV, HV & SSV
				HOT YOGA	HOLISTIC	FOCUSSES ON BRINGING THE MIND AND BODY TOGETHER. POSTURES ARE PERFORMED WITH BREATHING TECHNIQUES AND WITH THE ADVANTAGE OF THE HEAT YOU WILL BE ABLE TO OBTAIN BETTER FLEXIBILITY.	AV					ZUMBA GOLD	DANCE AEROBICS	A LIGHTER INTENSE ZUMBA CLASS FOR THE MORE MATURE PERSON. LATIN INSPIRED DANCE MOVES TO MOTIVATING MUSIC.	R
												ZUMBA	DANCE AEROBICS	THE LATIN INSPIRED EASY TO FOLLOW CALORIE BURNING DANCE CLASS. MIXING SALSA, RUMBA AND FUNNY DANCE ROUTINES.	AV, CH, GC, HG, HV & P

CENTRES: AV – AVONDALE; BR - BRINNINGTON PARK; CH – CHEADLE; GC – GRAND CENTRAL; HG – HAZEL GROVE; HV – HOULDSWORTH VILLAGE; P – PRIESTNALL; R – ROMILEY; SSV – STOCKPORT SPORTS VILLAGE.