

STOCKPORT SPORTS VILLAGE STUDIO TIMETABLE

SEP | DEC 22

CENTRE OPENING TIMES

Monday - Friday: 6.30am - 10.00pm
 Saturday: 8.00am - 5.00pm
 Sunday: 8.00am - 7.00pm

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---|
| Spin 30 7.00 - 7.30 THT Studio | Cardio 30 6.30 - 07.00 Gym | Strength 30 6.30 - 7.00 Gym | Cardio 30 6.30 - 7.00 Gym | Strength 30 6.30 - 7.00 Gym | DB FX 8.00 - 8.30 Studio 1 | Body Conditioning 10.00 - 11.00 Studio 1 |
| Triple HIIT Training 9.30 - 10.15 THT Studio | Pilates 9.15 - 10.00 Studio 1 | Body Conditioning 9.30 - 10.15 Studio 1 | Strength 30 7.00 - 7.30 Gym | Spin 30 7.05 - 7.35 THT Studio | Circuits 9.30 - 10.15 Studio 1 | BLT 10.45 - 11.30 Studio 2 |
| Yoga 10.45 - 11.45 Studio 1 | Boxercise 9.30 - 10.30 Studio 2 | Spin 10.15 - 11.00 THT Studio | Body Conditioning 09.30 - 10.15 Studio 1 | Circuits 9.30 - 10.15 Studio 2 | | Yogalates 11.15 - 12.00 Studio 1 |
| HIIT 17.30 - 18.00 Studio 1 | Pilates 17.15 - 18.00 Studio 2 | Boxercise 18.00 - 19.00 THT Studio | Pilates 10.30 - 11.15 Studio 1 | KETTFusion 9.30 - 10.30 Studio 1 | | Spin 30 11.45 - 12.15 THT Studio |
| Yogalates 18.00 - 18.45 Studio 2 | Triple HIIT Training 17.30 - 18.15 THT Studio | Yoga 19.00 - 20.00 Studio 2 | Triple HIIT Training 17.45 - 18.30 THT Studio | Zumba 10.30 - 11.15 Studio 1 | | |
| Body Conditioning 18.15 - 19.00 Studio 1 | BLT 18.35 - 19.20 Studio 1 | Met Con 19.15 - 20.00 Studio 1 | Yoga 18.15 - 19.15 Studio 1 | Triple HIIT Training 18.00 - 18.30 THT Studio | | |
| Yoga 18.45 - 19.30 Studio 2 | | | Dance Fit 19.30 - 20.30 Studio 1 | Stretch & Tone 18.45 - 19.15 Studio 1 | | |

CLASS KEY

Indoor Cycling Class

Get ready to burn calories and boost your fitness level in this moderate to high intensity class, designed to improve cardio endurance, lose weight, and strengthen your legs and core. When it comes to group exercise classes, this one is as easy as riding a bike.

Muscle Toning Class

Start building a better you. The exercises involve completing reps using a choice of weights and are designed to boost your metabolism and burn body fat. This class varies from week to week to keep your body on its toes and ensure you continue to condition, tone, and sculpt your whole body.

Aqua Class

These classes take place in the swimming pool. These classes are particularly beneficial for individuals that are at entry level fitness if you are recovering for an injury. As the exercises take place in the water there is less pressure on your joints, meaning you can have a great workout, with water as your resistance.

Holistic Class

Relax, breathe, clear the mind, stretch the body, increase flexibility and tone. These classes are great way to start or finish your day. They are also a great complimentary extra after a high intensity workout to stretch the muscles and wind down.

Dance Aerobics Class

If you're a fan of dancing, enjoy singing along to great music, while moving your feet, jumping to the beat, and increasing your heart rate all at the same time ... you've found your calling!

High Energy Class

Ready to take your fitness to the next level .. here you go! You're going to need plenty of water, and maybe even a towel for these classes, while our instructors pick up the pace and make you work.

All classes can be booked online or via the Life Leisure app