

GROUP FITNESS TIMETABLE

MARL PITS

MONDAY	CLASS TIME	INSTRUCTOR
META-FIT	7:15AM-7:45AM	ALEX
CARDIO ABS	9:15AM-9:45AM	ALEX
YOGA	12:00PM-12:45PM	ELLI
CIRCUIT CLASS LITE	1:30PM-2:30PM	FITNESS TEAM
META-FIT	4:30PM-5:00PM	FITNESS TEAM
BODY PUMP	5:30PM-6:30PM	RUTH
BODY COMBAT (14+)	6:30PM-7:30PM	RUTH
YOGALATES	7:30PM-8:30PM	RUTH
TUESDAY	CLASS TIME	INSTRUCTOR
40:20 YOGA	9:30AM-10:30AM	ELLI
CIRCUIT LITE	1:00PM-2:00PM	UP AND ACTIVE
META-FIT	4:30PM-5:00PM	FITNESS TEAM
KETTLERCISE	5:30PM-6:15PM	WENDY
PILATES	6:15PM-7:00PM	WENDY
AQUA FIT	7:15PM-8:00PM	WENDY
META-FIT	7:30PM-8:00PM	ALEX
CLEAN EAT CLUB	8:00PM-8:30PM	PHILL
YOGA NIDRA	8:15PM-9:00PM	SCOTT
WEDNESDAY	CLASS TIME	INSTRUCTOR
DANCE FIT	11:00AM-12:00PM	UP AND ACTIVE
KETTLERCISE	1:00PM-2:00PM	ANGELA
SEATED EXERCISE	2:15PM-3:00PM	UP AND ACTIVE
AQUA FIT LITE	3:00PM-3:45PM	WENDY
META-FIT	5:30PM-6:00PM	FITNESS TEAM
CARDIO ABS	6:00PM-6:30PM	FITNESS TEAM
YOGA (MEMBERS ONLY)	6:30PM-7:30PM	ELLI
BEGINNERS YOGA	7:45PM-8:45PM	SARA
THURSDAY	CLASS TIME	INSTRUCTOR
PILATES	9:30AM-10:30AM	WENDY
KETTLERCISE	10:30AM-11:30AM	WENDY
BODY PUMP	12:00PM-1:00PM	RUTH
STRONG BY ZUMBA	5:30PM-6:15PM	MICHELLE
RUNNING MADE EASY	6:00PM - 7:00PM	RUTH
POUND FITNESS	6:15PM-7:00PM	MICHELLE
BODY COMBAT (14+)	7:00PM-8:00PM	RUTH
BODY PUMP	8:00PM-9:00PM	RUTH
FRIDAY	CLASS TIME	INSTRUCTOR
META-FIT	11:30AM-12:00PM	FITNESS TEAM
ZUMBA	12:00PM-1:00PM	TANYA
PILATES	1:00PM-2:00PM	TRACEY
STRONG BY ZUMBA	5:45PM-6:45PM	MICHELLE
POUND FITNESS	6:45PM-7:30PM	MICHELLE
SATURDAY	CLASS TIME	INSTRUCTOR
YOGA	9.15AM-10:15AM	ELLI
SUNDAY	CLASS TIME	INSTRUCTOR
BODY CONDITIONING	9:15AM-10:00AM	WENDY
PILATES	10:00AM-11:00AM	WENDY
BEGINNERS PILATES	11:00AM-12:00PM	WENDY

ADRENALINE

MONDAY	CLASS TIME	INSTRUCTOR
VIRTUAL SPIN	7:15AM-8:00AM	FITNESS TEAM
⚡ TONE ZONE WITH CRECHE	9:30AM-10:30AM	ADELE
⚡ CIRCUIT LITE CLASS	10:45AM-11:45AM	FITNESS TEAM
⚡ HOOPEROBICS	12:00PM-12:45PM	LAURA
⚡ ADVANCED TAI CHI	1:00PM-2:00PM	HELENA/DAVID
⚡ TAI CHI	2:00PM-3:00PM	HELENA/DAVID
META-FIT	5:15PM-5:45PM	ALEX
INDOOR CYCLING	6:00PM-7:00PM	KEN
BODY PUMP	6:00PM-7:00PM	TONY
⚡ ZUMBA (14+)	7:10PM-8:10PM	SAMMY
YOGA	8:15PM-9:15PM	ELLI
TUESDAY	CLASS TIME	INSTRUCTOR
VIRTUAL SPIN	7:15AM-8:00AM	FITNESS TEAM
⚡ CIRCUIT CLASS LITE	9:00AM-10:00AM	UP & ACTIVE
⚡ CIRCUIT CLASS LITE	10:30AM-11:30AM	UP & ACTIVE
⚡ YOGA**	1:30PM-2:30PM	LIZ
INDOOR CYCLING	5:30PM-6:15PM	ANTHONY
KETTLERCISE	5:30PM-6:30PM	TONY
INDOOR CYCLING	6:15PM-7:00PM	ANTHONY
BODY COMBAT (14+)	6:30PM-7:30PM	TONY
HIIT STEP	7:30PM-8:00PM	VICKY
⚡ ZUMBA (14+)	8:00PM-9:00PM	JENNIFER
WEDNESDAY	CLASS TIME	INSTRUCTOR
VIRTUAL SPIN	7:15AM-8:00AM	FITNESS TEAM
⚡ TONE ZONE WITH CRECHE	9:30AM-10:30AM	RUTH
⚡ INDOOR CYCLING	10:30AM - 11:15AM	RUTH
⚡ TAI CHI	2:00PM-3:00PM	HELENA/DAVID
⚡ KETTLERCISE	5:15PM-6:00PM	WENDY
INDOOR CYCLING	6:00PM-6:45PM	PHILL
INDOOR CYCLING	6:45PM-7:30PM	PHILL
⚡ PILATES	6:00PM-7:00PM	WENDY
CIRCUIT TRAINING	6:00PM-7:00PM	LEE
HIIT TRAINING	7:05PM-7:35PM	LEE
⚡ LEGS, BUMS & TUMS	7:00PM-8:00PM	WENDY
CLEAN EAT CLUB	8:00PM-8:30PM	PHILL
⚡ TAI CHI	8:00PM-9:00PM	HELENA/DAVID

(14+) - FOR CUSTOMERS AGED 14 AND ABOVE

* Please check our website and at reception for a list of classes that may be seasonal or added due to demand.

** Charges apply

The management reserves the right to amend this programme for operational reasons.

ADRENALINE

THURSDAY	CLASS TIME	INSTRUCTOR
VIRTUAL SPIN	7:15AM-8:00AM	FITNESS TEAM
INDOOR TENNIS	9:00AM-12:00PM	FITNESS TEAM
HEALTHY WALKS	10:00AM-12:00PM	LEWIS
ZUMBA (14+)	11:00AM-12:00PM	SAMMY
YOGA	12:15PM-1:15PM	ELLI
CIRCUIT CLASS LITE	1:30PM-2:30PM	FITNESS TEAM
HOOPEROBICS	5:30PM-6:30PM	LAURA
INDOOR CYCLING	5:30PM-6:15PM	JANET
INDOOR CYCLING	6:15PM-7:00PM	JANET
BARBELL CIRCUIT	6:30PM-7:30PM	JOSH
⚡ YOGA NIDRA	7:45PM-8:30PM	KIRSTY
FRIDAY	CLASS TIME	INSTRUCTOR
INDOOR CYCLING	7:15AM-8:00AM	PHILL
⚡ TONE ZONE WITH CRECHE	9:30AM-10:30AM	RUTH
⚡ BEGINNERS TAI CHI	10:45AM - 11:45AM	HELENA/DAVID
⚡ FIT STEPS	12:00PM-12:45PM	UP & ACTIVE
⚡ LINE DANCING	1:00PM-2:00PM	SUZI
⚡ B-FIT BOOTCAMP	6:35PM-7:35PM	ANDREW
SATURDAY	CLASS TIME	INSTRUCTOR
INDOOR CYCLING	9:00AM-10:00AM	VICKY
HATTON BOXING BEGINNER	9:00AM-10:00AM	LEE
HATTON BOXING ADVANCED	10:00AM-11:00AM	LEE
YOGA	11:00AM-12:00PM	ELLI
SUNDAY	CLASS TIME	INSTRUCTOR
INDOOR CYCLING	9:15AM-10:00AM	PHILL
INDOOR CYCLING	10:00AM-10:45AM	PHILL

CENTRE OPENING TIMES

ADRENALINE CENTRE
 MON - FRI 7am - 10pm
 SAT 8.30am - 6pm
 SUN 9am - 5pm

MARL PITS
 MON - FRI 7am - 10pm
 SAT 7am - 9pm
 SUN 8am - 5pm

CLASS TYPE KEY

- CARDIO
- HOLISTIC CONDITIONING
- TONING
- DANCE
- UP AND ACTIVE
- AQUA
-

MONDAY	CLASS TIME	
FREE WEIGH-IN	11:30AM-12:00PM	ADRENALINE CENTRE
UP AND ACTIVE GYM	1:00PM-2:00PM	MARL PITS
FREE WEIGH-IN	5:30PM-6:00PM	MARL PITS TRACK
COUCH TO 5K	6:00PM-6:45PM	MARL PITS TRACK
TUESDAY	CLASS TIME	
CIRCUIT CLASS LITE	9:00AM-10:00AM	ADRENALINE CENTRE
FAMILY HEALTH WALK	9:30AM-10:30AM	FROM HASLINGDEN LINK
FREE WEIGH-IN	10:00AM-10:30AM	ADRENALINE CENTRE
CIRCUIT CLASS LITE	10:30AM-11:30AM	ADRENALINE CENTRE
BUGGY FIT	10:45AM-11:30AM	MARL PITS LEISURE CENTRE
CIRCUIT LITE	1:00PM-2:00PM	MARL PITS
UP & ACTIVE GYM (LADIES ONLY)	1:30PM - 2:30PM	ADRENALINE CENTRE
FREE WEIGH-IN	5:30PM-6:00PM	ADRENALINE CENTRE
UP AND ACTIVE GYM	6:00PM-7:00PM	ADRENALINE CENTRE
WEDNESDAY	CLASS TIME	
BUGGY FIT	10:45AM-11:30AM	MARL PITS LEISURE CENTRE
FAMILY HEALTH WALK	1:00PM-2:00PM	WHITWORTH LIBRARY
SEATED EXERCISE	2:15PM-3:00PM	MARL PITS LEISURE CENTRE
JUNIOR COUCH TO 2K	5:30PM - 6:00PM	MARL PITS TRACK
COUCH TO 5K	6:00PM-6:45PM	MARL PITS TRACK
THURSDAY	CLASS TIME	
WEIGHT MANAGEMENT	10:30AM-11:30AM	MARL PITS LEISURE CENTRE
UP AND ACTIVE GYM	9:30AM-10:30AM	ADRENALINE CENTRE
FAMILY HEALTH WALK	11:15AM - 12:15PM	STUBBY LEE PARK
FRIDAY	CLASS TIME	
FAMILY HEALTH WALK	10:00AM-11:00AM	WHITAKER PARK MUSEUM
FIT STEPS	12:00PM 12:45PM	UP & ACTIVE



ADRENALINE

www.rltrust.co.uk

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MARL PITS