

Al Fresco Timetable: APRIL 2021

| MONDAY | | | | |
|---------|---|---|---|--|
| Irlam | 9:30 – 10:15am BODY ATTACK Gemma R | | 6:00 – 6:30pm CARDIO EXTREME Barry | 6:30 – 7:15pm P90X Barry |
| Swinton | 9:15 – 9:45am SPRINT Stacey | | 5:30 – 6:00pm SPRINT Gareth D | 6:15 – 7:00pm CIRCUITS Gareth D |
| Worsley | 9:15 – 9:45am HIIT STEP Danielle | 10:00 – 10:45am BODY PUMP Danielle | 6:00 – 6:45pm BODY ATTACK Emma H | |

| TUESDAY | | | | |
|---------|--|---|---|--|
| Irlam | 9:30 – 10:15am BODY COMBAT Gemma R | | 5:15 – 5:45pm GRIT Carol E | |
| Swinton | 9:30 – 10:15am BODY PUMP Danielle | 10:15 – 10:45am HIIT CARDIO Rebecca | 5:30 – 6:00pm HIIT STEP Danielle | 6:00 – 6:45pm BOOTY BANDS Danielle |
| Worsley | 9:30 – 10:15am STRENGTH CONDITIONING Dave P | 10:15 – 11:00am CARDIO CONDITIONING Dave P | 5:30 – 6:15pm SPINNING RICHARD W | 6:30 – 7:15pm KETTLEBELLS RICHARD W |

| WEDNESDAY | | | | |
|-----------|--|---|--|--|
| Irlam | | | 5:00 – 5:45pm HIIT MAYHEM Barry | 6:00 – 6:45pm CALLISTHENICS Barry |
| Swinton | 9:30 – 10:00am TABATA BOXING Danielle | 10:00 – 10:45am WEIGHTS CLASS Danielle | 5:00 – 5:30pm SPRINT Stacey | 6:00 – 7:00pm CIRCUITS Paul B |

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| Worsley | 10:15 – 11:00am FULL BODY TONE Rebecca | | 6:00 – 7:00pm BODY PUMP Chongwei | 7:00 – 7:30pm SPRINT Chongwei |
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| THURSDAY | | | | |
|----------|--|---|---|---|
| Irlam | | | 5:15 – 5:45pm GRIT Carol E | 6:00 – 6:30pm BOOT CAMP Carol E |
| Swinton | 9:30 – 10:00am METAFIT Danielle | 10:15 – 10:45am CX Danielle | 5:30 – 6:00pm HIIT STEP Dave P | 6:00 – 6:30pm SPRINT Garry |
| Worsley | 9:30 – 10:00am SPRINT Dave P | 10:00 – 10:30am HIIT STEP Dave P | 5:30 – 6:15pm BODY COMBAT Leanne S | 6:15 – 7:00pm BOOT CAMP Leanne S |

| FRIDAY | | | | |
|---------|--|--|---|---|
| Irlam | | | 5:30 – 6:00pm GRIT Carol E | |
| Swinton | 9:30 – 10:00am BOOTY BANDS Danielle | 10:00 – 10:45am FRIDAY CHALLENGE Danielle | 5:15 – 5:45pm BODY COMBAT Leanne S | 6:00 – 6:45pm BOOT CAMP Dave P |
| Worsley | | | | |

| SATURDAY | | | | |
|----------|---|---|---|--|
| Irlam | 8:00 – 8:45am BOOT CAMP Barry | | | |
| Swinton | 9:00 – 9:45am BODY PUMP Danielle | 10:00 – 10:30am CX Danielle | 10:30am – 11:15am BODY ATTACK Emma H | |
| Worsley | 9:30am – 10:15am SPIN Richard | 10:45 – 11:30am KETTLE BELLS Richard | | |