

Woolston Leisure Centre Fitness Class Timetable January 2010 – August 2010

CLASS	DAY	NEW LOCATION	NEW TIME
Fit For Life	Monday	BLTC	9.30am - 10.30am
Bums&Tums**	Monday	Lysander	6pm-6.45pm
Core Stability**	Monday	Lysander	7pm-7.45pm
Pilates *	Monday	FLC	6pm-7pm
Pilates *	Monday	FLC	7pm-8pm
Pilates *	Monday	FLC	8pm-9pm
Flexi-Bar *	Tuesday	BLTC	9.30am-10.00am
Core Stability	Tuesday	BLTC	10.00am-10.45am
Aqua-Fit	Tuesday	WLC	11.15am-12noon
Cardio Kick**	Tuesday	Lysander	6.45pm-7.30pm
Yoga	Tuesday	WLC	7.30pm - 9.30pm
Aqua-Fit	Tuesday	WLC	8pm-9pm
Pilates *	Tuesday	FLC	6pm-7pm
Pilates *	Tuesday	FLC	7pm-8pm
Pilates *	Tuesday	FLC	8pm-9pm
Aqua-Fit	Tuesday	WLC	8pm-9pm
Aerobics	Wednesday	BLTC	1.30pm-2.30pm
Salsa**	Wednesday	Lysander	6pm-7pm
Bums &Tums**	Wednesday	Lysander	7.15pm-8pm
Bodymax	Thursday	BLTC	11.15am-12noon
Aqua-Fit	Thursday	WLC	8.15pm-9.15pm

	WLC	Woolston Leisure
	Lysander**	Lysander Recreational Centre
	FLC	Fordton Leisure Centre
	BLTC	Birchwood Leisure & Tennis Complex

*Not included within Select membership

**For Lysander based activities non Select members are required to purchase class vouchers directly from Woolston Leisure Centre

Terms and conditions apply

All details are correct at time of going to print
Select Leisure reserve the right to change these
details without notification.

Select



Working to make Warrington healthier

