

Christmas Fitness Timetable Portway Lifestyle Centre



Monday 16th Dec -

09:15 Indoor Cycling - Coach By Colour
12:15 Fitness Yoga - 45 min
17:30 Mash Up
18:00 BODYATTACK
18:00 Kettlebell30
18:00 ZUMBA
18:30 Abs 30
19:00 Pilates
19:15 BODYPUMP
20:15 Aqua Lite

Tuesday 17th Dec -

07:15 Indoor Cycling - Coach By Colour - 30 min
09:30 Indoor Cycling - Coach By Colour
09:30 ZUMBA
12:15 BODYPUMP - 45 min
17:30 HIIT Lift
18:00 BODYCOMBAT
18:00 HIIT Circuit - 30min
19:00 Indoor Cycling - 30 min
19:00 Yoga
19:15 Aqua Lite
20:00 Clubbercise

Wednesday 18th Dec -

07:15 Kettlebell30
09:30 BODYATTACK
10:00 FUNction fitness
12:15 Bums Legs and Tums - 30min
17:30 Indoor Cycling - 30 min
17:30 Kettlebell30
18:00 BODYCOMBAT
18:00 ZUMBA
18:15 Indoor Cycling
19:00 Yoga

Thursday 19th Dec -

07:15 HIIT Lift - 30 min
09:30 BODYPUMP - 45 Min
10:00 60+ Circuits
11:00 60+ Chair based: Strength + balance
17:30 Indoor Cycling
18:15 HIIT Circuit - 45 min
19:00 Pilates
19:15 BODYPUMP
20:00 Aqua Lite

Friday 20th Dec -

Centre Closed for Staff Training

Saturday 21st December -

08:00 Kettlebell30
08:30 Abs 30
08:30 Indoor Cycling - Coach By Colour 30
09:00 BODYATTACK
09:15 BODYPUMP
10:15 ZUMBA

Sunday 22nd Dec -

08:00 BODYCOMBAT
08:30 Indoor Cycling - Coach by Colour 30
09:00 Pilates
9:00 BODYPUMP - 45 min
10:00 Bootcamp - 30 min
11:00 Fitness Yoga
16:00 BODYPUMP
17:00 BODYATTACK - 30min

Monday 23rd Dec - (close at 6pm)

07:15 BODYPUMP
08:15 GRIT Cardio taster - 30 min
09:00 Indoor Cycling - Coach By Colour - 30 min
12:15 Fitness Yoga - 45 min
16:30 HIIT Circuit - 30 min
17:00 BODYATTACK

Tuesday 24th Dec - (close at 2pm)

07:15 Indoor Cycling - 30 min
08:00 GRIT Strength taster - 30 min
08:30 Dodgeball Fitness - 30 mins
09:30 Zumba
12:15 BODYPUMP - 45 min

Wednesday 25th Dec - Centre Closed

Thursday 26th Dec - Centre Closed

Friday 27th Dec - (close at 2pm)

07:15 Bootcamp - 30 min
08:00 Indoor Cycling - 30 min
09:15 BODYPUMP
10:30 HIIT Circuit - 30 min

Saturday 28th December -

08:00 Kettlebell30
08:30 Abs 30
08:30 Indoor Cycling - Coach By Colour 30
09:00 BODYATTACK
09:15 BODYPUMP
10:15 ZUMBA

Sunday 29th December -

08:00 BODYCOMBAT
08:30 Indoor Cycling - Coach by Colour 30
09:00 Pilates
09:00 BODYPUMP - 45 min
10:00 Bootcamp
11:00 Fitness Yoga
16:00 BODYPUMP
17:00 BODYATTACK - 30min



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Christmas Fitness Timetable Portway Lifestyle Centre



Monday 30th December – Close at 6pm

07:15 BODYPUMP
09:15 Indoor Cycling - Coach By Colour 45
10:00 Bootcamp
12:15 Fitness Yoga - 45 min
13:30 Over 60s Aerobics
16:30 HIIT Circuit – 30 min
17:00 BODYATTACK

Tuesday 31st December – close at 4pm

07:15 Indoor Cycling - 30 min
08:00 HIIT Lift
09:30 Zumba
10:00 HIIT Circuit – 30 min
12:15 BODYPUMP – 45 min

Wednesday 1st January – Centre Closed

Thursday 2nd January –

07:15 Kettlebell - 30 min
09:30 BODYPUMP – 45 Min
17:30 Indoor Cycling – 45 min
18:00 Bootcamp
19:00 Pilates
19:00 BODYPUMP
20:00 Aqua Lite

Friday 3rd January –

07:15 HIIT Circuit - 30 min
09:30 Bums Legs and Tums - 45min
10:15 Aqua Lite
17:00 Indoor Cycling – 45min
17:45 Les Mills Mix
18:30 ZUMBA

Saturday 4th January –

08:00 BODYPUMP
08:30 Indoor Cycling - Coach By Colour 30
09:00 BODYATTACK
09:00 Kettlebell30
09:30 Abs 30
10:15 ZUMBA

Sunday 5th January –

08:00 BODYCOMBAT
08:30 Indoor Cycling - Coach by Colour 30
09:00 Pilates
09:00 GRIT Athletic
09:30 Abs 30
10:00 Bootcamp
11:00 Fitness Yoga
16:00 BODYPUMP
17:00 BODYATTACK - 30min

Monday 6th January – Timetable as normal



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