

GROUP FITNESS TIMETABLE

MARL PITS

ADRENALINE

ADRENALINE

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
WEDNESDAY	CLASS TIME	INSTRUCTOR
DANCE FIT	11:00AM-12:00PM	TANYA
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
ZUMBA	9:30AM - 10:30AM	TANYA
PILATES	10:30AM - 11:30AM	TANYA
META FIT	11:30AM - 12:00	FITNESS TEAM
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	TANYA
PILATES	10:00AM-11:00AM	TANYA
BEGINNERS PILATES	11:00AM-12:00PM	TANYA

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
⚡ IMPROVERS TAI CHI	2:00PM-3:00PM	HELENA/DAVID
META-FIT	5:15PM-5:45PM	ALEX
DANCE CYCLE	6:00PM - 6:45PM	ANNIE
BARBELL TRAINING	6:00PM-7:00PM	ALEX
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-6:50PM	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.

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	SARA
FRIDAY	CLASS TIME	INSTRUCTOR
INDOOR CYCLING	7:15AM-8:00AM	ANNA
⚡ TONE ZONE WITH CRECHE	9:30AM-10:30AM	RUTH
⚡ BEGINNERS TAI CHI	10:45AM - 11:45AM	HELENA/DAVID
⚡ DANCE FIT	12:00PM-12:45PM	TANYA
⚡ 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	ANTHONY
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	ANGELA
INDOOR CYCLING	10:00AM-10:45AM	ANGELA

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 UNK
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	
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
WEIGH IN	12:30PM - 1:30PM	ADRENALINE

CENTRE OPENING TIMES

ADRENALINE CENTRE
 MON - FRI 7am - 10pm
 SAT 8:30am - 6pm
 SUN 9am - 5pm

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

CLASS TYPE KEY

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

www.rltrust.co.uk

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MARL PITS