



BURSCOUGH WELLBEING & LEISURE HUB

CLASS TIMETABLE

SUMMER 2025

MON

Bootcamp: 9:30-10:30
Body Pump: 11:00-11:45
Infusion: 10:45-11:30
Step & Tone: 12.15-13.15
Body Conditioning: 18:15-19:00
Pilates: 19:15-20:00

THU

Body Pump: 7:15-8:00
Spin: 8:45-9:30
Abs & Tone: 9:45-10:30
HIIT: 17:15-18:00
LBT: 18:15-19:00
Yoga: 19:15-20:00

TUE

Spin: 7:00-7:45
HIIT: 8:15-9:00
Infusion: 9:45-10:45
Step & Tone: 9:15-10:00
Infusion: 10:15-11:15
Body Conditioning: 19:00-20:00
Spin: 18:00-18:45
Yoga: 19:00-19:45

FRI

Spin: 7:00-7:45
Body Pump: 8:00-8:45
Body Attack: 9:00-9:45
Pilates: 11:00-12:00

WED

Strength: 8:15-9:00
LBT: 9:30-10:30
Yoga: 11:00-11:45
LBT: 18:00-19:00
Stretch & Tone: 19:00-20:00

SAT

Body Pump: 8:05-8:45
Body Conditioning: 9:00-9:45
Spin: 9:00-9:45



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Bobby Langton Way, [L40 0SW](#) | w3w:///rinse.rather.perfumes
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