



# GROUP FITNESS TIMETABLE

Huddersfield Leisure Centre Group Exercise Timetable April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> 6:45AM - 7:30 AM Studio 1	<b>Keep Fit</b> 9:45AM - 10:15AM Studio 2	<b>Studio Cycling</b> 6:45AM - 7:30 AM Cycle Studio	<b>Kettlebells</b> 10:00 AM - 10:45AM Studio 3	<b>HIIT Circuit</b> 7:00 AM - 7:30 AM Studio 1	<b>BODYCOMBAT™</b> 9:00 AM - 10:00 AM Studio 1&2	<b>Studio Cycling</b> 9:00 AM - 9:45AM Cycle Studio
<b>LES MILLS Tone</b> 10:00 AM - 10:45AM Studio 1	<b>BODYPUMP™</b> 10:00 AM - 10:45AM Studio 1	<b>BODYCOMBAT™</b> 10:00 AM - 10:45AM Studio 1	<b>BODYATTACK™</b> 10:00 AM - 10:45AM Studio 1	<b>Studio Cycling</b> 9:30 AM - 10:15AM Cycle Studio	<b>CXWORX™</b> 10:00 AM - 10:30 AM Studio 1&2	<b>BODYPUMP™</b> 10:00 AM - 10:45AM Studio 1
<b>Mature Movers</b> 11:00 AM - 11:45AM Studio 1&2	<b>Keep Fit</b> 10:15AM - 10:45AM Studio 2	<b>Keep Fit</b> 10:15AM - 11:00 AM Studio 2	<b>Health Circuit</b> 11:00 AM - 12:00 PM Studio 3	<b>Clubbercise</b> 9:30 AM - 10:15AM Studio 1	<b>LES MILLS Tone</b> 10:30 AM - 11:15AM Studio 1&2	<b>Zumba</b> 5:00 PM - 6:00 PM Studio 2
<b>LBT * Locala Supported</b> 11:05 AM - 11:50 AM Studio 3	<b>Mature Movers</b> 11:00 AM - 11:45AM Studio 1	<b>Mature Movers</b> 11:00 AM - 11:45AM Studio 1	<b>BODYBALANCE™</b> 11:05 AM - 11:50 AM Studio 1	<b>CXWORX™</b> 10:25 AM - 10:55AM Studio 1	<b>Iyengar Yoga</b> 12:15PM - 1:15PM Studio 3	<b>CXWORX</b> 6:00 PM - 6:30 PM Studio 1
<b>Aqua Fit</b> 11:45AM - 12:30 PM Training Pool	<b>Yoga</b> 11:00 AM - 12:00 PM Studio 3	<b>Pilates</b> 11:15AM - 12:00 PM Studio 3	<b>Aqua Fit</b> 11:15AM - 12:00 PM Training Pool	<b>Mature Movers</b> 11:00 AM - 11:45AM Studio 1		<b>Aqua Zumba</b> 6:15PM - 7:00 PM Competition Pool
<b>Pilates</b> 12:15PM - 1:00 PM Studio 3	<b>Pilates</b> 12:15PM - 1:00 PM Studio 3	<b>Zumba</b> 12:15PM - 1:00 PM Studio 1	<b>LBT</b> 12:15PM - 1:00 PM Studio 1	<b>Yoga</b> 11:00 AM - 12:00 PM Studio 3		<b>BODYBALANCE™</b> 6:30 PM - 7:30 PM Studio 1
<b>BODYPUMP™</b> 12:15PM - 1:00 PM Studio 1	<b>Cycle HIIT</b> 5:00 PM - 5:30 PM Cycle Studio	<b>Cycle HIIT</b> 5:20 PM - 5:50 PM Cycle Studio	<b>Pilates</b> 5:15PM - 6:00 PM Studio 3	<b>Aqua Med</b> 11:30 AM - 12:15PM Training Pool		
<b>Tai Chi</b> 2:00 PM - 3:00 PM Studio 3	<b>LES MILLS Tone</b> 5:15PM - 6:00 PM Studio 2	<b>BODYBALANCE™</b> 6:00 PM - 7:00 PM Studio 3	<b>Clubbercise</b> 5:15PM - 6:00 PM Studio 1&2	<b>BODYPUMP™</b> 12:15PM - 1:00 PM Studio 1		
<b>Kettlebells</b> 5:15PM - 6:00 PM Studio 3	<b>Ashtanga Yoga</b> 6:00 PM - 7:00 PM Studio 3	<b>BODYPUMP™</b> 6:00 PM - 7:00 PM Studio 1&2	<b>Studio Cycling</b> 6:00 PM - 6:45PM Cycle Studio	<b>Studio Cycling</b> 5:15PM - 6:00 PM Cycle Studio		
<b>BODYPUMP™</b> 6:00 PM - 6:45PM Studio 1&2	<b>BODYCOMBAT™</b> 6:15PM - 7:00 PM Studio 1&2	<b>MMA Conditioning</b> 7:15PM - 8:15PM Studio 3	<b>LES MILLS Tone</b> 6:10 PM - 6:55PM Studio 1&2	<b>BODYATTACK</b> 6:00 PM - 6:45PM Studio 1		
<b>Studio Cycling</b> 6:00 PM - 6:45PM Cycle Studio	<b>Running Club</b> 6:15PM - 7:30 PM Outdoors	<b>Studio Cycling</b> 7:15PM - 8:00 PM Cycle Studio	<b>Step</b> 6:30 PM - 7:30 PM Studio 3	<b>Body Pump Express</b> 6:55PM - 7:25PM Studio 1		
<b>BODYATTACK™</b> 7:00 PM - 8:00 PM Studio 1&2	<b>Studio Cycling</b> 7:00 PM - 8:00 PM Cycle Studio	<b>BODYCOMBAT™</b> 7:15PM - 8:15PM Studio 1&2	<b>BODYATTACK™</b> 7:00 PM - 7:45PM Studio 1&2			
<b>CXWORX</b> 7:00 PM - 7:30 PM Studio 3	<b>Zumba</b> 7:00 PM - 8:00 PM Studio 1&2		<b>Aqua Fit</b> 7:15PM - 8:00 PM Training Pool			
<b>Studio Cycling</b> 7:15PM - 8:00 PM Cycle Studio	<b>Pilates</b> 8:00 PM - 8:45PM Studio 3		<b>Iyengar Yoga</b> 7:45PM - 8:45PM Studio 3			
<b>Aqua Combat</b> 7:15PM - 8:00 PM Training Pool						
<b>BODYBALANCE™</b> 7:30 PM - 8:30 PM Studio 3						