



GROUP FITNESS TIMETABLE

Huddersfield Leisure Centre Group Exercise Timetable January 2018

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