



GROUP FITNESS TIMETABLE

Huddersfield Leisure Centre Group Exercise Timetable November 2017

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