



# GROUP FITNESS TIMETABLE

Huddersfield Leisure Centre Group Exercise Timetable April 2017

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