

Fitness Class Timetable
Commencing October 2023

Monday		
Time	Class	Instructor
09:30-10:30	Vinyasa Flow Yoga	Pratibha
11:00-11:45	Aqua Mobility 45	Leanne
10:45-11:45	Pilates Advanced 60	Pratibha
13:15-14:15	Keep Moving 60	Active Leeds
14:30-15:30	Keep Moving 60	Active Leeds
18:00-19:00	Body Pump 60	Amanda
19:00-19:45	Circuit 45	Amanda
20:00-20:45	Aqua Aerobics 45	Amanda
20:00-21:15	Yoga Vinyasa 60	Binny

Tuesday		
Time	Class	Instructor
10:30-11:30	Yoga Vinyasa 60	Binny
13:30-15:00	Pilates 90	Ash
16:00-16:45	Zumba Gold	Tonia
17:00-18:00	Zumba 60	Tonia
17:15-18:00	Studio Cycling	Amanda
18:15-19:00	Body Combat 45	Amanda
19:15-20:15	Active Balance	Amanda

Wednesday		
Time	Class	Instructor
10:30-11:30	Pilates 60	Pratibha
11:45-12:45	Pilates 60	Pratibha
13:30-14:45	Yoga	Pratibha
17:45-18:30	Studio Cycling	Martine
18:00-18:45	Body Combat 45	Amanda
18:45-19:30	Legs, Bums & Tums	Martine
19:00-20:00	Body Pump 60	Amanda

Thursday		
Time	Class	Instructor
09:00-09:45	Aqua Aerobics 45	Zoe
10:30-12:00	Yoga Hatha 90	Kath
14:00-14:40	Senior Studio Cycling	Active Leeds
17:15-17:45	HiIT	Andrew
17:00-17:45	Zumba 45	Tonia
18:00-18:45	Studio Cycling	Andrew
18:00-18:45	Active Balance 45	Amanda
19:05-19:50	Circuit 45	Amanda

Friday		
Time	Class	Instructor
10:15-11:15	Keep Moving 60	Active Leeds
14:00-15:00	Pilates	Ashley
17:30-18:30	Body Pump 60	Amanda

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Saturday		
Time	Class	Instructor
08:15-09:00	Studio Cycling	Amanda
09:15-10:15	Body Combat 60	Amanda
10:30-11:30	Zumba 60	Tonia

Sunday		
Time	Class	Instructor
09:30-10:15	Studio Cycling	Amanda
10:30-11:30	Body Pump 60	Amanda