

GARFORTH LEISURE CENTRE

INTERIM CLASS TIMETABLE

MON	LES MILLS BODYCOMBAT 7:05 - 7:35	LES MILLS BODYPUMP 8:00 - 8:45	LBT 10:05 - 10:50	PILATES 11:00 - 12:00	LES MILLS BODYPUMP 12:15 - 13:00	YOGA 13:45 - 15:15	KETTLEBELLS 17:45 - 18:30 <i>Kippax L.C</i>	CLUBBERCISE 18:35 - 19:35 <i>Kippax L.C</i>	LES MILLS BODYPUMP 18:45 - 19:30	LES MILLS BODYBALANCE 19:40 - 20:25
TUES	LES MILLS BODYPUMP 7:05 - 7:35	LES MILLS BODYCOMBAT 8:00 - 8:45	PILATES 10:00 - 11:00		LES MILLS BODYCOMBAT 12:15 - 13:00		PILATES 17:30 - 18:15	PILATES 18:20 - 19:05		
WED	LES MILLS BODYCOMBAT 7:05 - 7:35	LES MILLS BODYPUMP 8:00 - 8:45	YOGA 10:00 - 11:00		LES MILLS BODYPUMP 12:15 - 13:00		KETTLEBELLS 17:45 - 18:30 <i>Kippax L.C</i>	ACTIVE CORE 18:40 - 19:10 <i>Kippax L.C</i>	LES MILLS BODYCOMBAT 18:45 - 19:30	LES MILLS BODYBALANCE 19:40 - 20:25
THURS	LES MILLS BODYPUMP 7:05 - 7:35	LES MILLS BODYCOMBAT 8:00 - 8:45	LES MILLS BODYBALANCE 9:15 - 10:15		LES MILLS BODYCOMBAT 12:15 - 13:00		YOGA 17:00 - 18:00 ASC Room	LBT 18:05 - 19:05 Squ Crt 5	CLUBBERCISE 19:10 - 20:10 Squ Crt 5	LES MILLS BODYPUMP 19:45 - 20:30
FRI	LES MILLS BODYBALANCE 7:05 - 7:50	LES MILLS BODYPUMP 8:00 - 8:45	ACTIVE BALANCE 11:00 - 11:45		LES MILLS BODYPUMP 12:15 - 13:00		LES MILLS BODYPUMP 17:15 - 18:15	LES MILLS BODYBALANCE 18:25 - 19:10		
SAT	LES MILLS BODYPUMP 8:05 - 8:50	CLUBBERCISE 9:00 - 10:00 <i>Kippax L.C</i>	POWER YOGA 10:15 - 11:15							
SUN	LES MILLS BODYCOMBAT 8:05 - 8:50	AEROBICS 10:00 - 11:00	LES MILLS BODYBALANCE 11:15 - 12							

KEY

INSTRUCTOR LED
Kippax L.C

VIRTUAL LES MILLS
GARFORTH L.C

INSTRUCTOR LED
GARFORTH L.C

A massive THANK YOU to our customers, our fabulous coaches and our colleagues at Kippax L.C during this time. Your support is greatly appreciated. Keep an eye out on our social media pages for updates on the studio works at Garforth L.C.

Remember:

All sessions can be booked up to 9 days in advance with a valid Active Leeds membership. You can book online using the Active Leeds app or website.

