

Monday – Virtual Fitness Classes	
Time	Session
07.15 – 07.45	Sprint
09.15 – 10.00	RPM
13.15 – 14.00	Body Combat
14.15 – 15.00	Sh`Bam
15.15 – 15.45	Grit Cardio
16.30 – 17.15	The Trip
17.30 – 18.15	RPM

Tuesday – Virtual Fitness Classes	
Time	Session
07.15 – 07.45	Sprint
11.15 – 11.45	Grit Strength
12.00 – 12.45	Body Pump
15.45 – 16.15	Grit Cardio

Thursday – Virtual Fitness Classes	
Time	Session
09.15 – 10.00	Body Pump
14.00 – 14.45	RPM
15.30 – 16.15	The Trip
16.30 – 17.00	Sprint
17.15 – 17.45	Sprint

Friday – Virtual Fitness Classes	
Time	Session
07.15 – 07.45	Sprint
12.00 – 12.30	Sprint
14.00 – 14.45	The Trip
16.00 – 16.45	RPM
18.30 – 19.00	Sprint

Saturday – Virtual Fitness Classes	
Time	Session
12.15 – 12.45	Grit Strength 30
13.00 – 13.45	Body Balance
14.00 – 14.45	Body Combat
15.30 – 16.15	Body Pump

Sunday – Virtual Fitness Classes	
Time	Session
08.15 – 08.45	Sprint
09.15 – 10.00	RPM
11.00 – 11.45	Body Pump
12.00 – 12.45	Sh`Bam
13.00 – 13.45	Body Attack
14.00 – 14.45	Body Combat
15.00 – 15.30	Grit Cardio

Classes bookable via the Active Leeds App or website active.leeds.gov.uk