John Smeaton Leisure Centre

Fitness Class Timetable

Commencing September 2026

ACTIVE LEEDS

Monday			
Time	Session	Location	Instructor
09:30-10:30	Vinyasa Flow Yoga	STUDIO	Pratibha
11:00-11:45	Aqua Mobility 45	MAIN POOL	Leanne
10:35-12.05	Yoga Gentle Hatha	STUDIO	Pratibha
13:30-14:30	Keep Moving 60	STUDIO	Active Leeds
14:30-15:30	Keep Moving 60	STUDIO	Active Leeds
17:45-18:30	Les Mills Core	STUDIO	Martine
18:00-19:00	Body Pump 60	SPORTS HALL	Amanda
19:00-19:45	Circuit 45	SPORTS HALL	Amanda
20:00-20:45	Aqua Aerobics 45	MAIN POOL	Amanda
20:00-21:15	Yoga Vinyasa 60	STUDIO	Binny

Tuesday			
Time	Session	Location	Instructor
10:30-11:30	Yoga Vinyasa 60	STUDIO	Binny
13:00-14:30	Pilates 90	STUDIO	Ash
17:00-18:00	Zumba 60	SPORTS HALL	Tonia
17:15-18:00	Studio Cycling	SPIN ROOM	Amanda
18:15-19:00	Body Combat 45	STUDIO	Amanda
19:05-20:15	Active Balance	STUDIO	Amanda

Wednesday			
Time	Session	Location	Instructor
10:30-11:30	Pilates 60	STUDIO	Ash
11:45-12:45	Pilates 60	STUDIO	Ash
13:30-14:45	Yoga	STUDIO	Pratibha
17:25-17:55	Les Mills Core	STUDIO	Amanda
17:45-18:30	Studio Cycling	SPIN ROOM	Martine
18:00-18:45	Body Combat 45	STUDIO	Amanda
18:45-19:30	Legs, Bums & Tums	STUDIO	Martine
19:00-20:00	Body Pump 60	SPORTS HALL	Amanda

Thursday			
Time	Session	Location	Instructor
09:15-10.00	Aqua Aerobics 45	MAIN POOL	Zoe
09:15-09:45	Les Mills Core	STUDIO	Amanda
09.50-10.30	Senior Studio Cycling	SPIN ROOM	Amanda
10:30-12:00	Yoga Hatha 90	STUDIO	Kath
12:30-13:30	Keep Moving	STUDIO	Active Leeds
13:30-14:30	Keep Moving Beginners	STUDIO	Active Leeds
17:15-17:45	Active Core	STUDIO	Amanda
17.00-17:45	Zumba 45	SPORTS HALL	Tonia
18:00-18:45	Active Balance 45	STUDIO	Amanda
19:05-19:50	Circuit 45	SPORTS HALL	Amanda

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ACTIVE LEEDS

Fitness Class Timetable

Commencing September 2026

Friday			
Time	Session	Location	Instructor
11.30-12.15	Active Life Aerobics/Steps	STUDIO	Zoe Irish
12.20-13.05	Zumba Gold	STUDIO	Zoe Irish
14:00-15:00	Pilates	STUDIO	Ashley
17:30-18:30	Body Pump 60	SPORTS HALL	Amanda

Saturday			
Time	Session	Location	Instructor
08:15-09:00	Studio Cycling	SPIN ROOM	Amanda
09.15-10.00	Zumba	SPORTS HALL	Tonia
09:15-10:15	Body Combat 60	STUDIO	Amanda

Sunday			
Time	Session	Location	Instructor
09:30-10:15	Studio Cycling	SPIN ROOM	Amanda
10:30-11:30	Body Pump 60	SPORTS HALL	Amanda