

Monday – Virtual Fitness Classes

Time	Session
07:05 – 07:35	Bodycombat
07:30 – 08:00	Sprint
08:00 – 08:30	Sprint
08:00 – 08:45	Bodypump
11:00 – 11:45	RPM
12:00 – 12:30	Sprint
12:00 – 13:30	Bodypump
12:45 – 13:15	Sprint
16:15 – 17:00	RPM
16:30 – 17:15	Bodypump
18:30 – 19:15	RPM
19:30 – 20:15	Bodypump

Tuesday – Virtual Fitness Classes

Time	Session
07:05 – 07:35	Bodypump
07:05 – 07:35	Sprint
08:00 – 08:30	Sprint
08:00 – 08:45	Bodycombat
09:00 – 09:45	Bodypump
09:00 – 09:45	RPM
11:00 – 11:45	RPM
12:00 – 12:30	Sprint
12:15 – 13:00	Bodycombat
12:45 – 13:15	Sprint
16:15 – 16:45	RPM
16:30 – 17:15	Bodycombat
18:30 – 19:15	RPM
19:15 – 20:00	Bodypump

Wednesday – Virtual Fitness Classes

Time	Session
07:05 – 07:35	Bodycombat
07:30 – 08:00	Sprint
08:00 – 08:30	Sprint
08:00 – 08:45	Bodypump
09:00 – 09:45	Bodypump
09:00 – 09:45	RPM
11:00 – 11:45	RPM
12:00 – 12:30	Sprint
12:45 – 13:15	Sprint
16:00 – 16:30	Sprint
16:30 – 17:15	Bodypump
18:30 – 19:15	RPM
19:15 – 19:45	Bodycombat
19:50 – 20:35	Bodybalance

Thursday – Virtual Fitness Classes

Time	Session
07:05 – 07:35	Bodypump
07:05 – 07:35	Sprint
08:00 – 08:30	Sprint
08:00 – 08:45	Bodycombat
09:00 – 09:45	Bodypump
10:30 – 11:00	Sprint
12:00 – 12:30	Sprint
12:15 – 13:00	Bodypump
12:45 – 13:15	Sprint
16:30 – 17:15	RPM
20:05 – 20:35	Bodypump

Friday – Virtual Fitness Classes

Time	Session
07:05 – 07:35	Bodybalance
07:05 – 07:35	Sprint
08:00 – 08:30	Sprint
08:00 – 08:45	Bodypump
09:00 – 09:45	Bodypump
10:30 – 11:00	Sprint
10:00 – 10:45	Bodypump
12:00 – 12:30	Sprint
12:00 – 12:45	Bodypump
12:45 – 13:15	Sprint
13:30 – 14:15	RPM
16:30 – 17:15	RPM
17:15 – 18:15	Bodypump
18:15 – 19:30	RPM
18:25 – 19:10	Bodybalance
19:15 – 20:00	Bodycombat

Saturday – Virtual Fitness Classes

Time	Session
08:00 – 08:30	Sprint
08:05 – 08:50	Bodypump
09:00 – 09:30	Sprint
09:45 – 10:30	RPM
11:00 – 11:45	RPM

Sunday – Virtual Fitness Classes

Time	Session
08:00 – 08:30	Sprint
08:05 – 08:50	Bodycombat
09:00 – 09:45	Bodypump
10:00 – 10:45	RPM
11:00 – 11:45	RPM
11:15 – 12:00	Bodybalance

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