

Group Fitness & Cycling Timetable - Leeds South

Monday			
Time	Class	Studio	Who
07.00-07.30	Metafit	Studio	Gym Team
9.15-10.00	Body Conditioning	Aerobic	Helen
10.00-10.45	Body Combat	Aerobic	Helen
11.00-12.00	Yogalates	Aerobic	Mel
11.15-12.00	Aqua	Pool	Helen
17.15-18.00	HIIT & Abs	Aerobic	Gym Team
17.30-18.00	Blast Class	Gym	Gym Team
18.00-19.00	Body Combat	Aerobic	Lisa
19.00-19.45	Aqua Aerobics	Pool	Tracey
19.00-20.00	Zumba	Aerobic	Jenny

Thursday			
Time	Class	Studio	Who
9.25-10.25	Body Pump	Aerobic	Georgia
10.00-10.45	Aqua	Pool	Sue
10.35-11.35	Yogalates	Aerobic	Mel
17.15-17.45	Metafit	Aerobic	Gym Team
17.45-18.30	Body Vive	Aerobic	Natalie
18.45-19.30	LBT	Aerobic	Sue
19.30-20.30	Body Balance	Aerobic	Rachel

Tuesday			
Time	Class	Studio	Who
7.00-7.30	HIIT Circuit	Aerobic	Tracey
9.25-10.25	Body Conditioning	Aerobic	Tracey
10.35-11.35	Fitness Yoga	Aerobic	Rachel
17.30-18.30	Body Pump	Aerobic	Rachel
18.00-18.45	Boxfit	GRIT	Andy
18.30-19.30	Body Balance	Aerobic	Rachel
19.30-20.30	Zumba	Aerobic	Lucy

Friday			
Time	Class	Studio	Who
07.00-07.30	HIIT	Aerobic	Gym Team
09.15-10.00	LBT	Aerobic	Tracey
10.00-11.00	Hatha Yoga	Aerobic	Rachel
11.45-12.30	Aqua	Pool	Helen
17.00-17.30	Gym Blast	Gym	Gym Team
17.15-18.00	Boxfit	Aerobic	Gym Team
18.00-19.00	Pilates	Aerobic	Elaine

NB: Throughout December the timetables are subject to change weekly, so please contact your local club for accurate information on your favourite classes. A clearer timetable - not subject to change weekly - will begin from 1st January 2017

Wednesday			
Time	Class	Studio	Who
9.00-9.30	Metafit	Aerobic	Gym Team
9.30-10.00	Abs	Aerobic	Gym Team
10.00-11.00	Body Attack	Aerobic	Monica
10.00-10.45	Aqua	Pool	Sue
11.00-12.00	Yoga	Aerobic	Rachel
17.15-17.45	Gym Blast	Gym	Gym Team
18.00-18.30	HIIT kettlebells	Grit	Chris
18.00-19.00	Body Attack	Aerobic	Lisa
19.00-20.00	Body Pump	Aerobic	Lisa

Saturday			
Time	Class	Studio	Who
8.45-9.45	Ashtanga Yoga	Aerobic	Elaine
9.15-9.45	Gym Blast	Gym	Gym Team
10.00-10.45	Kettlebells	Grit	Andy
10.00-11.00	Body Pump	Aerobic	Rachel
11.00-12.00	Body Combat	Aerobic	Lisa
12.30-13.30	Junior Higher Belt	Aerobic	Steve
13.30-14.30	Junior Lower and	Aerobic	Steve
14.45-15.15	Teen Blast (12-15year)	Gym	Gym Team

Sunday			
Time	Class	Studio	Who
9.00-10.00	Body Pump	Aerobic	Christie
9.15-9.45	Gym Blast	Gym	Gym Team
9.45-10.15	Core Blast	Grit	Gym Team
10.00-11.00	Body Attack	Aerobic	Christie
14.45-15.15	Teen Blast(12-15year)	Gym	Gym Team