

Craven Leisure

Indoor Group Exercise Class Timetable

From May 17th, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-8.45am						BodyPump	
9am-9.45am						BodyPump	
9.30am-10.30am			Yoga		Yoga		
9.45am-10.30am		BodyPump		Bodypump			
10am-10.45am	Indoor cycle						BodyPump
10.45am-11.30am		Fit & Functional		Fit & Functional			
11am-11.45am	Legs Bums Tums		Legs Bums Tums		BodyBalance		BodyBalance
11.45am-12.30pm		Pilates		Pilates			
12pm-12.45pm			Aqua - small pool		Aqua - small pool		
1pm-1.45pm	Indoor cycle		Indoor cycle		Indoor cycle		
5.30pm-6.15pm	BodyAttack	HIIT	BodyAttack		BodyAttack		
6pm-6.30pm				HIIT			
6.30pm-7.15pm	BodyPump	BodyBalance	BodyPump		BodyPump		
6.40pm-7.20pm				BodyBalance			
7.30pm-8.15pm	Indoor cycle 30	Zumba	Indoor Cycle 30	Zumba	Indoor Cycle		
8.30pm-9.15pm					Indoor Cycle		

Key:

High Energy

Dance

Low impact

Strength

Mind/Body

Cycle



CRAVEN
LEISURE

To pre-book classes and for further information visit: www.cravenc.gov.uk/indoor-group-exercise
Bookings are available 3 days in advance, from Friday May 14th, 2021.
The class programme will be regularly reviewed and developed gradually.