

Book classes online:

www.cravenc.gov.uk/craven-leisure/book-activities-online/

GROUP EXERCISE CLASSES

Timetable correct as of 14/11/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		07:00 Bootcamp 30			08:00 Body Pump	
09:05 Hatha Yoga	09:45 Body Pump	09:05 Fit Flow Yoga 60	09:45 Body Pump	09:05 Fit Flow Yoga 60	09:00 Body Pump	
10:15 Kettlebells 30	10:45 Fit & Functional	10:15 Slow Flow Yoga 45	10:45 Fit & Functional	10:15 Slow Flow Yoga 45		10:00 Body Pump
11:15 Legs Bums Tums		11:15 Legs Bums Tums		11:15 Body Balance		11:00 Body Balance
	11:45 Pilates		11:45 Pilates			
12:30 Tai Chi	12:45 H.I.I.T. 30	12:15 HL Exercise	12:45 CDC Wellbeing	12:15 Legs Bums Tums		
14:15-15:30 H.Lifestyles		14:00-15:15 H.Lifestyles				
17:30 Body Pump	17:30 H.I.I.T.	17:30 Body Attack	17:15 Kbella30	17:30 Body Pump		
18:30 Body Attack	18:30 Body Balance	18:30 Body Pump	18:00 H.I.I.T.	18:30 Kettlebells		
19:30 Pilates	19:30 Zumba	19:30 Pilates	19:30 Zumba			
			20:20-20:50 HL Male			

KEY:

DANCE

LOW IMPACT

STRENGTH

MIND / BODY

HIGH ENERGY

HEALTHY LIFESTYLES

**CRAVEN
LEISURE**