

CLASS TIMETABLE - DISCOVER YOUR PERFECT CLASS

MONDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Bootcamp	Nigel Stagg	High	Bootcamp Studio
6:45am	Body Pump Express	Chris Stafford	High	Studio 1
8:00am	Pilates	Nigel Stagg	Low	Studio 2
9:15am	Bootcamp	Nigel Stagg	High	Bootcamp Studio
9:30am	Low & Tone	Fiona Nunns	High	Studio 1
9:45am	Body Balance	Alison Carr	High	Studio 2
10:15am	Aqua Pilates	Nigel Stagg	Low	Pool
10:15am	Spin	Sam Battiste	High	Spin Studio
10:30am	Body Pump	Fiona Nunns	High	Studio 1
11:15am	Beginners Pilates	Nigel Stagg	Low	Studio 2
11:30am	Zumba	Sam Battiste	High	Studio 1
11:40am	Aqua	Sally Meikle-Janney	Low	Pool
12:15pm	Beginners Pilates	Nigel Stagg	Low	Studio 2
12:15pm	Bootcamp	Aston Phillips-Morrin	High	Bootcamp Studio
12:30pm	Mature Movers	Marie Coyne	Low	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
2:00pm	Voice Box	Alison Carr	n/a	Studio 1
5:15pm	Pilates	Susan Teale	Low	Studio 2
5:30pm	Body Combat (30mins)	Fiona Nunns	High	Studio 1
6:00pm	Spin	Brendan Caunce	High	Spin Studio
6:15pm	Body Balance	Alex Battiste	Low	Studio 2
6:15pm	Body Pump	Fiona Nunns	High	Studio 1
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:15pm	Spin	Martha McLean	High	Spin Studio
7:15pm	Aqua	Alex Battiste	Low	Pool
7:15pm	Bounce Fit	Mel Capone	High	Studio 1
7:20pm	Pure Stretch	Jackie Johnson	Low	Studio 2

TUESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Spin	Alex Battiste	High	Spin Studio
7:00am	Bootcamp	Danny Phillips	High	Bootcamp Studio
9:00am	Pilates	Nigel Stagg	Low	Studio 2
9:30am	Body Pump Express	Fiona Nunns	High	Studio 1
9:30am	Spin	Lauren Simpkins	High	Spin Studio
10:00am	Body Attack Express	Fiona Nunns	High	Studio 1
10:00am	Aqua	Jackie Johnson	Low	Pool
10:00am	Beginners Yoga (1hr)	The Happy Yoga Club	Low	Studio 2
10:15am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
10:30am	Sh'bam	Fiona Nunns	High	Studio 1
11:15am	Aqua Med	Ellie Looker	Low	Pool
11:15am	Tai Chi	Jackie Johnson	Low	Studio 2
11:30am	Legs, Bums & Tums	Alison Carr	High	Studio 1
12:00pm	Virtual Spin	n/a	High	n/a
12:15pm	Pure Stretch	Jackie Johnson	Low	Studio 2
5:20pm	Barre	Fiona Noonan	Low	Studio 2
5:30pm	Clubbercise	Alex Battiste	High	Studio 1
6:00pm	Spin	Harjinder Sandhu	High	Spin Studio
6:15pm	Pilates	Fiona Nunns	Low	Studio 2
6:30pm	Legs, Bums & Tums	Katie Siddons	High	Studio 1
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:00pm	Aqua Combat	Harjinder Sandhu	Low	Pool
7:15pm	Hatha Yoga	Silvija Jaimokaite	Low	Studio 2
7:25pm	Body Pump Express	Katie Siddons	High	Studio 1

WEDNESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
6:45am	Spin R30	Chris Stafford	High	Spin Studio
7:00am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
9:00am	Clinical Pilates	Susan Teal	Low	Studio 2
9:00am	Virtual Spin	n/a	High	n/a
9:20am	Body Pump	Daniel Moheb Choucri	High	Studio 1
9:30am	Aqua	Alex Helmsley	Low	Pool
10:10am	Body Combat (30mins)	Daniel Moheb Choucri	High	Studio 1
10:30am	Pilates	Alex Helmsley	Low	Studio 2
10:45am	Aqua Zumba (1hr)	Shak Hussain	Low	Pool
10:50am	LM Core (30mins)	Daniel Moheb Choucri	High	Studio 1
11:00am	Spin	Martha McLean	High	Spin Studio
11:30am	Aerotone	Alex Helmsley	High	Studio 1
11:40am	Body Balance (1hr)	Daniel Moheb Choucri	High	Studio 2
12:00pm	Beginner's Bootcamp	Danny Phillips	High	Bootcamp Studio
12:15pm	Zumba (1hr)	Shak Hussain	High	Studio 1
2:00pm	Tai Chi (wu style) (1hr)	Barbara Campbell	Low	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
5:15pm	Yoga	Samuel Milnes	Low	Studio 2
5:15pm	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
5:30pm	Bounce Fit	Mel Capone	High	Studio 1
6:00pm	Spin	Tom Jackson	High	Spin Studio
6:15pm	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
6:25pm	Pilates	Matthew Brammer	Low	Studio 2
6:25pm	Attack Express (30mins)	Bev Coates	High	Studio 1
7:00pm	Les Mills Core (30mins)	Bev Coates	High	Studio 1
7:00pm	Spin	Jenny Joof	High	Spin Studio
7:15pm	Kenisiflow	Rebecca Subham	Low	Studio 2
7:20pm	Aqua Zumba	Matthew Brammer	Low	Pool
7:30pm	Sh'bam	Bev Coates	High	Studio 1

THURSDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Les Mills Core (30 mins)	Alex Battiste	High	Studio 1
6:30am	Bootcamp	Danielle Goddard	High	Bootcamp Studio
9:00am	Clinical & Beginners Pilates	Susan Teale	Low	Studio 2
9:30am	Low & Tone	Sam Battiste	Low	Studio 1
9:30am	Virtual Spin	n/a	High	n/a
9:45am	Aqua Groove	Jackie Johnson	Low	Pool
10:00am	Pilates	Susan Teal	Low	Studio 2
10:30am	Step (BEG/INT)	Sam Battiste	High	Studio 1
11:00am	Barre	Imogen Laverick	Low	Studio 2
11:00am	Aqua	Jackie Johnson	High	Pool
11:15am	Spin	Martin Hey	High	Spin Studio
11:30am	Sh'bam	Fiona Nunns	High	Studio 1
12:00pm	Bootcamp	Alison Stephenson	High	Bootcamp Studio
12:00pm	Pure Stretch	Jackie Johnson	Low	Studio 2
5:00pm	Beginners Pilates	Katie Bostock	Low	Studio 2
5:30pm	Spin	Tom Jackson	High	Spin Studio
5:30pm	Low & Tone	Claire Blacker	Low	Studio 1
6:25pm	Old Skool Aerobics	Sam Battiste	High	Studio 1
6:25pm	Body Balance	Claire Blacker	Low	Studio 2
6:30pm	PEAK Spin	Nigel Stagg	High	Spin Studio
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:15pm	Body Pump	Chris Stafford	High	Studio 1
7:30pm	Circle Pilates	Nigel Stagg	Low	Studio 2

FRIDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:30am	Yoga	Donna Joyce	Low	Studio 2
6:30am	Spin	Claire Rowland	High	Spin Studio
7:00am	Bootcamp	Alison Stephenson	High	Bootcamp Studio
8:00am	Virtual Spin	n/a	High	n/a
8:45am	Beginners Yoga	Emily Flaherty	Low	Studio 2
9:15am	Aqua Combat	Harjinder Sandhu	Low	Pool
9:30am	Body Pump	Ashton Phillips-Morrin	High	Studio 1
9:40am	Body Balance	Kerry Hyde	Low	Studio 2
10:15am	Spin	Harjinder Sandhu	High	Spin Studio
10:30am	Body Combat	Sally Meikle-Janney	High	Studio 1
11:20am	Pilates	Fiona Nunns	Low	Studio 2
11:30am	Zumba	Rosa Collier-Wraith	High	Studio 1
12:15pm	Yoga	Donna Joyce	Low	Studio 2
12:15pm	Spin	Sam Battiste	High	Spin Studio
12:30pm	Mature Movers	Fiona Nunns	Low	Studio 1
5:30pm	Hatton Boxing	Katie Bostock	High	Studio 1
5:45pm	Spin	Holly Rio-Gardiner	High	Spin Studio
6:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
6:30pm	Body Balance	Tania Fisher	Low	Studio 2

SATURDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
8:30am	Spin	Jamie Siddons	High	Spin Studio
9:00am	Pilates	Julie Lee	Low	Studio 2
9:30am	Body Pump	Katie Bostock	High	Studio 1
9:50am	Yoga	Julie Lee	Low	Studio 2
10:00am	Spin	Jamie Siddons	High	Spin Studio
10:30am	Body Combat	Katie Bostock	High	Studio 1
11:00am	Bootcamp	Gym Instructor	High	Bootcamp Studio
11:30am	Clubbercise	Mel Capone	High	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
5:00pm	Virtual Spin	n/a	High	n/a

SUNDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
8:00am	Spin	Tania Fisher	High	Spin Studio
8:45am	Pilates	Matthew Brammer	Low	Studio 2
9:00am	Bootcamp	Alison Stephenson	High	Bootcamp Studio
9:35am	Legs, Bums and Tums	Karen Woodhouse	High	Studio 1
9:45am	Yoga	Silvija Jalmokaite	Low	Studio 2
10:00am	Spin	Alison Stephenson	High	Spin Studio
10:30am	HIIT	Karen Woodhouse	High	Studio 1
11:30am	Body Balance	Amanda Sykes	Low	Studio 2
3:00pm	Virtual Spin	n/a	High	n/a

KIDS TIMETABLE

DAY	TIME	CLASS	TRAINER	LOCATION
Monday	4:45pm	Family Fun 4yr+	Danielle Goddard	Studio 1
Monday	5:45pm	Family Bootcamp 8yr+	Danielle Goddard	Bootcamp Studio
Tuesday	5:00pm	Born to Move Age 7-12	Ellie Looker	Party Room
Thursday	5:00pm	Kids Gymnastics	Ellie Looker	Climbing Wall
Thursday	6:00pm	Family Bootcamp Age 8+	Charlotte McCauliffe	Bootcamp Studio
Friday	5:30pm	Kids Dance Age 5+	Katie Sutton	Studio 2
Saturday	10:00am	Born to Move Age 4-6	Fiona Noonan	Party Room
Saturday	11:00am	Ballet Age 5-15	Fiona Noonan	Studio 2
Saturday	12:00pm	Kids Box12 Age 12-15	Gym Instructor	Box12 Studio
Sunday	10:00am	Family Bootcamp	Danielle Goddard	Bootcamp Studio
Sunday	11:45am	Family Fun 4yr+	Danielle Goddard	Studio 1

DISCOVER YOUR PERFECT CLASS!

Discover a wide range of classes at BigBox Huddersfield, including the high-energy Zumba, exhilarating spin classes, and the ever-popular Les Mills sessions but that's not all! We're excited to bring you even more options soon, and we're open to your suggestions!

If there's another class you think would benefit members let us know as we're always open to your suggestions!

SPIN

Gear up for an exhilarating ride with Spin Classes at BigBox Huddersfield. Set to heart-pounding music, this high-intensity indoor cycling workout takes you through varying terrains, sprints, and climbs.

BODY COMBAT (LES MILLS)

Unleash your inner warrior with our high-energy Body Combat class. This dynamic workout combines elements of martial arts and cardio to provide an empowering and exhilarating fitness experience.

ZUMBA

Get ready to move and groove with Zumba! This high-energy dance workout is designed to make you sweat, smile, and have a blast. Our experienced instructors will lead you through a mix of Latin and international rhythms.

PILATES

Strengthen your core, improve flexibility, and enhance your overall well-being with our Pilates class. This low-impact workout focuses on controlled movements and proper breathing techniques to sculpt and tone your body.

BODY PUMP (LES MILLS)

Elevate your strength training routine with our Body Pump class. Using barbells, dumbbells and bodyweight exercises, you'll target major muscle groups for a full-body workout that builds strength and definition.

SH'BAM (LES MILLS)

Get ready to groove with our Sh'Bam class! This dance-inspired workout combines easy-to-follow choreography with chart-topping music for a fun and energetic fitness experience. It's all about letting loose and having a blast on the dance floor.

YOGA

Discover tranquillity and balance in our Yoga class. Suitable for all levels, this practice focuses on mindfulness, breathing techniques, and gentle movements to enhance flexibility, reduce stress, and promote inner peace.

LOW AND TONE

Looking for a balanced workout that targets all major muscle groups? Our Low and Tone class offers a combination of strength training and toning exercises to help you achieve a leaner, more defined physique.

BODY ATTACK (LES MILLS)

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

YOUR SUGGESTIONS

We really want to hear what you think and which classes you would like to see at BigBox. Let us know!

FAQ'S

Do you offer Les Mills Classes?

Yes, we certainly do! We're proud to feature a selection of Les Mills Classes in our line-up. These classes are designed to provide an exciting and effective workout experience, and they are included as part of your membership.

Are all classes included in the Membership?

Absolutely! With your membership at BigBox Huddersfield, you'll have access to a wide variety of classes, we believe in providing our members with a comprehensive fitness experience, so you can enjoy any class that suits your fitness goals and preferences without any additional charges.

How do I book a Class?

Classes can be booked on the app up to 8 days prior. For any further questions please contact our studio team at classes@bigboxclub.co.uk

Do you provide classes for beginners?

Absolutely! At BigBox Huddersfield, we provide a variety of classes suitable for all fitness levels, including beginners. Whether you're just starting your fitness journey or have been active for a while, our classes are designed to cater to a wide range of abilities.

THANK YOU

Thank you for being a member and being part of the BigBox family.

With unlimited classes included in your membership, we're sure you'll find a class you love.

We are here to guide and support you in your fitness journey. During your time at BigBox, if you need any help or have any questions or queries please don't hesitate to reach out to one of the team who will be happy to help you.

You can email: hello@bigboxclub.co.uk or phone us on **01484 629900**.



DID YOU KNOW:
YOU CAN READ MORE ABOUT THE CLASSES
ONLINE & DOWNLOAD THE TIMETABLE!

Scan the QR code to access



**REFER A FRIEND: ONCE THEY JOIN BIGBOX
YOU GET TO PICK FROM ONE OF OUR
EXCLUSIVE REWARDS.**

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**YOUR
GROUP FITNESS
CLASS TIMETABLE**

