

CLASS TIMETABLE - DISCOVER YOUR PERFECT CLASS

MONDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0600-0645	Bootcamp	Brendan Counce	High	Bootcamp Studio
0800-0845	Pilates	Nigel Stagg	Low	Studio Two
0915-1015	HYROX	Nigel Stagg	High	Big Box Rox
0930-1015	Low and Tone	Fiona Nunns	High	Studio One
0945-1030	Body Balance	Alison Carr	Low	Studio Two
1015-1100	Spin	Sam Battiste	Low	Spin Studio
1025-1110	Aqua Pilates	Nigel Stagg	Low	Pool
1030-1115	Body Pump	Fiona Nunns	Low	Studio One
1120-1205	Beginners Pilates	Nigel Stagg	Low	Studio Two
1130-1245	Zumba	Sam Battiste	High	Studio One
1140-1225	Aqua	Sally Meikle-Janney	Low	Pool
1215-1300	Beginners Pilates	Nigel Stagg	Low	Studio Two
1215-1300	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
1230-1315	Mature Movers	Marie Coyne	Low	Studio One
1400-1500	Voice Box	Alison Carr	Low	Studio One
1715-1800	Pilates	Susan Teal	Low	Studio Two
1730-1800	Body Combat	Fiona Nunns	High	Studio One
1745-1830	Family Bootcamp	Charlotte McCauliffe	High	Bootcamp Studio
1800-1845	Spin	Brendan Counce	Low	Spin Studio
1815-1900	Body Balance	Alex Mather	Low	Studio Two
1815-1900	Body Pump	Fiona Nunns	Low	Studio One
1900-1945	Bootcamp	Charlotte McCauliffe	High	Bootcamp Studio
1915-2000	Spin	Martha Mclean	Low	Spin Studio
1915-2000	Aqua	Alex Mather	Low	Pool
1915-2000	Big Box Bounce	Mel Capone	High	Studio One
1920-2005	Pure Stretch	Jackie Johnson	Low	Studio Two

TUESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0600-0645	Spin	Alex Mather	Low	Spin Studio
0700-0800	HYROX	Danny Philips	High	Big Box Rox
0900-0945	Pilates	Nigel Stagg	Low	Studio Two
0930-1000	BodyPump Express	Fiona Nunns	Low	Studio One
0930-1015	Spin	Lauren Simpkins	Low	Spin Studio
1000-1030	BODY Attack EXPRESS	Fiona Nunns	High	Studio One
1000-1045	Aqua	Jackie Johnson	Low	Pool
1000-1100	Beginners Yoga	Jo Ribeiro	Low	Studio Two
1015-1100	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
1030-1115	SH'bam	Fiona Nunns	High	Studio One
1115-1230	Tai Chi	Jackie Johnson	Low	Studio Two
1115-1530	Aqua Med	Lynsey Willcox	Low	Pool
1130-1215	LBT	Alison Carr	Low	Studio One
1215-1300	Pure Stretch	Jackie Johnson	Low	Studio Two
1720-1805	Barre	Fiona Noonan	Low	Studio Two
1730-1815	Clubbercise	Alex Mather	High	Studio One
1800-1845	Spin	Harjinder Sandhu	Low	Spin Studio
1815-1900	Pilates	Fiona Nunns	Low	Studio Two
1830-1915	LBT	Katie Siddons	High	Studio One
1900-1945	Aqua Combat	Harjinder Sandhu	Low	Pool
1915-2000	Hatha Yoga	Silvija Jalmokaite	Low	Big Box Rox
1925-1955	BODY PUMP EXPRESS	Katie Siddons	Low	Studio Two
2000-2100	HYROX	Cory Hurst	High	Studio One

WEDNESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0600-0645	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
0630-0700	Spin	Claire Rowland	Low	Spin Studio
0700-0800	HYROX	Ashton Phillips-Morrin	High	Big Box Rox
0900-0945	Clinical Pilates	Susan Teal	Low	Studio Two
0920-1005	Body Pump	Daniel Moheb Choucri	Low	Studio One
0930-1015	Aqua	Alex Hemsley	Low	Pool
1015-1045	Body Combat	Daniel Moheb Choucri	High	Studio One
1030-1115	Pilates	Alex Hemsley	Low	Studio Two
1055-1125	LM CORE	Daniel Moheb Choucri	Low	Studio One
1100-1145	Spin	Martha Mclean	Low	Spin Studio
1100-1145	Aqua Zumba	Rebecca Subham	Low	Pool
1130-1215	Aerotone	Alex Hemsley	High	Studio One
1135-1235	Body Balance	Daniel Moheb Choucri	Low	Studio Two
1200-1245	Beginners Bootcamp	Danny Phillips	High	Bootcamp Studio
1715-1800	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
1725-1810	Yoga	Samuel C	Low	Studio Two
1730-1815	Big Box Bounce	Mel Capone	High	Studio One
1800-1845	Spin	Tom Jackson	Low	Spin Studio
1815-1900	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
1825-1855	Body Attack	Bev Coates	High	Studio One
1825-1910	Pilates	Matthew Brammer	Low	Studio Two
1900-1930	LM CORE	Bev Coates	Low	Studio One
1900-1945	Spin	Jenny Joof	Low	Spin Studio
1915-2000	Dynamic Meditation	Amrit Atwal	Low	Studio Two
1920-2005	Aqua Zumba	Matthew	Low	Pool
1930-2015	ZUMBA	Rebecca Subham	High	Studio One

THURSDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0600-0630	Spin	Alex Mather	Low	Spin Studio
0630-0715	Bootcamp	Danny Phillips	High	Bootcamp Studio
0900-0945	Clinical & Beginners Pilates	Susan Teal	Low	Studio Two
0915-1015	HYROX	Lauren Simpkins	High	Big Box Rox
0930-1015	Low and Tone	Sam Battiste	High	Studio One
0945-1030	Aqua Groove	Jackie Johnson	Low	Pool
1000-1045	Pilates	Susan Teal	Low	Studio Two
1020-1105	Spin	Martin Hey	Low	Spin Studio
1030-1115	Step (BEG/INT)	Sam Battiste	High	Studio One
1100-1145	Barre	Imogen Laverick	Low	Studio One
1100-1145	Aqua	Jackie Johnson	Low	Pool
1130-1215	ChiChi Fit	Kim Lyne	Low	Studio One
1200-1245	Pure Stretch	Jackie Johnson	Low	Studio Two
1200-1245	Bootcamp	Alison Stephenson	High	Bootcamp Studio
1700-1745	Beginners Pilates	Katie Bostock	Low	Studio Two
1730-1815	Spin	Tom Jackson	Low	Spin Studio
1730-1815	Low and Tone	Sam Battiste	High	Studio One
1800-1845	Family Bootcamp	Charlotte McCauliffe	High	Bootcamp Studio
1825-1910	Body Balance	Katie Bostock	Low	Studio Two
1825-1905	Old Skool Aerobics	Sam Battiste	High	Studio One
1830-1915	PEAK Spin	Nigel Stagg	Low	Spin Studio
1915-2015	Body Pump	Chris Stafford	Low	Studio One
1930-2015	Circle Pilates	Nigel Stagg	Low	Studio Two
2000-2100	HYROX	Cory Hurst	High	Big Box Rox

FRIDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0630-0715	Yoga	Donna Joyce	Low	Studio Two
0630-0715	Spin	Claire Rowland	Low	Spin Studio
0715-0815	HYROX	Alison Stephenson	High	Big Box Rox
0845-0930	Beginners Yoga	Emily Flaherty	Low	Studio Two
0915-1030	Aqua Combat	Harjinder Sandhu	Low	Pool
0930-1015	Body Pump	Ashton Phillips-Morrin	Low	Studio One
0940-1025	Body Balance	Kerry Hyde	Low	Studio Two
1025-1100	Spin	Harjinder Sandhu	Low	Spin Studio
1030-1115	Body Combat	Sally Meikel-Janney	High	Studio One
1120-1205	Pilates	Fiona Nunns	Low	Studio Two
1130-1115	Soca	Elliot Augustine	High	Studio One
1215-1300	Spin	Sam Battiste	Low	Spin Studio
1215-1300	Yoga	Donna Joyce	Low	Studio Two
1230-1315	Mature Movers	Fiona Nunns	Low	Studio One
1730-1815	Boxing Bootcamp	Katie Bostock	High	Bootcamp Studio
1745-1830	Spin	Holly Rio-Gardiner	Low	Spin Studio
1830-1915	Body Balance	Tania Fisher	Low	Studio Two

SATURDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0800-0900	HYROX	Charlotte/Cory	High	Big Box Rox
0830-0915	Spin	Jamie Siddons	Low	Spin Studio
0900-0945	Pilates	Julie Lee	Low	Studio Two
0930-1015	Body Pump	Katie Bostock	Low	Studio One
0950-1035	Yoga	Julie Lee	Low	Studio Two
1000-1045	Spin	Jamie Siddons	Low	Spin Studio
1015-1100	Bootcamp	Gym	High	Bootcamp Studio
1030-1115	Body Combat	Katie Bostock	High	Studio One
1100-1145	Barre	Fiona Noonan	Low	Studio Two
1130-1215	Clubbercise	Mel Capone	High	Studio One
1415-1500	Aqua Combat	Harjinder Sandhu	Low	Pool

SUNDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
0800-0845	Spin	Tania Fisher	Low	Spin Studio
0845-0930	Pilates	Matthew Brammer	Low	Studio Two
0900-0945	Bootcamp	Alison Stephenson	High	Bootcamp Studio
0935-1020	LBT	Karen Woodhouse	High	Studio One
0945-1030	Yoga	Silvija Jalmokaite	Low	Studio Two
1000-1045	Spin	Alison Stephenson	Low	Spin Studio
1030-1115	HIIT	Karen Woodhouse	High	Studio One
1130-1215	Body Balance	Amanda Skyes	Low	Studio Two

KIDS TIMETABLE

DAY	TIME	CLASS	TRAINER	LOCATION
Monday	1630-1715	Kids Ballet	Fiona Noonan	Studio One
Tuesday	1615-1700	Teen HYROX (11-13)	Lauren Simpkins	Big Box Rox
Tuesday	1700-1745	Born to Move (age 7-12)	Ellie Looker	Teen Studio
Wednesday	1630-1715	Kids Gymnastics (age 5+)	Ellie Looker	Climbing Wall
Friday	1730-1815	Kids Dance 5+	Katie Sutton	Studio Two
Saturday	1000-1045	Kids Fun (Age 5-10)	Fiona Noonan	Teen Studio
Sunday	1045-1130	Family Bootcamp (ages 8+)	Andrew Hodge	Bootcamp Studio



BIGBOX
HUDDERSFIELD

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.

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.

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.

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.

Scan the QR code to access



YOUR GROUP FITNESS CLASS TIMETABLE

