

CLASS TIMETABLE - DISCOVER YOUR PERFECT CLASS

MONDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
06:00-06:45	Bootcamp	Brendan Caunce	High	Bootcamp Studio
08:00-08:45	Pilates	Nigel Stagg	Low	Studio Two
09:15-10:15	HYROX (60 min)	Nigel Stagg	High	BigBox Rox
09:30-10:15	Low and Tone	Fiona Nunns	Low	Studio One
09:45-10:30	Body Balance	Alison Carr	Low	Studio Two
10:15-11:00	Spin	Sam Battiste	Low	Spin Studio
10:25-11:10	Aqua Pilates	Nigel Stagg	Low	Pool
10:30-11:15	Body Pump	Fiona Nunns	Low	Studio One
11:20-12:05	Beginners Pilates	Nigel Stagg	Low	Studio Two
11:30-12:15	Zumba	Sam Battiste	High	Studio One
11:40-12:25	Aqua	Sally Meikle-Janney	Low	Pool
12:15-13:00	Beginners Pilates	Nigel Stagg	Low	Studio Two
12:15-13:00	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
12:30-13:15	Mature Movers	Marie Coyne	Low	Studio One
14:00-15:00	Voice Box (60 min)	Alison Carr	Low	Studio One
17:15-18:00	Pilates	Susan Teal	Low	Studio Two
17:30-18:00	Body Combat (30 min)	Fiona Nunns	High	Studio One
18:00-18:45	Spin	Brendan Caunce	Low	Spin Studio
18:15-19:00	Body Balance	Alex Mather	Low	Studio Two
18:15-19:00	Body Pump	Fiona Nunns	Low	Studio One
19:00-19:45	Bootcamp	Charlotte McCauliffe	High	Bootcamp Studio
19:15-20:00	Spin	Martha Mclean	Low	Spin Studio
19:15-20:00	Aqua	Alex Mather	Low	Pool
19:15-20:00	BigBox Bounce	Mel Capone	High	Studio One
19:20-20:05	Pure Stretch	Jackie Johnson	Low	Studio Two

TUESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
06:00-06:45	Spin	Alex Mather	Low	Spin Studio
07:00-08:00	HYROX (60 min)	Danny Philips	High	BigBox Rox
09:00-09:45	Pilates	Nigel Stagg	Low	Studio Two
09:30-10:00	Body Pump (30 min)	Fiona Nunns	Low	Studio One
09:30-10:15	Spin	Lauren Simpkins	Low	Spin Studio
10:00-10:30	Body Attack (30 min)	Fiona Nunns	High	Studio One
10:00-10:45	Aqua	Jackie Johnson	Low	Pool
10:00-11:00	Beginners Yoga (60 min)	Jo Ribeiro	Low	Studio Two
10:15-11:00	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
10:30-11:15	SH'bam	Fiona Nunns	High	Studio One
11:15-12:00	Tai Chi	Jackie Johnson	Low	Studio Two
11:15-12:00	Aqua Med	Lynsey Willcox	Low	Pool
11:30-12:15	Legs, Bums & Tums	Alison Carr	low	Studio One
12:15-13:00	Pure Stretch	Jackie Johnson	Low	Studio Two
17:20-18:05	Barre	Fiona Noonan	Low	Studio Two
17:30-18:15	Clubbercise	Alex Mather	High	Studio One
18:00-18:45	Spin	Harjinder Sandhu	Low	Spin Studio
18:15-19:00	Pilates	Fiona Nunns	Low	Studio Two
18:30-19:15	Legs, Bums & Tums	Katie Siddons	low	Studio One
19:00-19:45	Aqua Combat	Harjinder Sandhu	Low	Pool
19:15-20:00	Hatha Yoga	Silvija Jalmokaite	Low	Studio Two
19:25-19:55	Body Pump	Katie Siddons	Low	Studio One
20:00-21:00	HYROX (60 min)	Cory Hurst	High	BigBox Rox

WEDNESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
06:00-06:45	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
06:30-07:00	Spin (30 min)	Claire Rowland	Low	Spin Studio
07:00-08:00	HYROX (60 min)	Ashton Phillips-Morrin	High	BigBox Rox
09:00-09:45	Clinical Pilates	Susan Teal	Low	Studio Two
09:20-10:05	Body Pump	Daniel Moheb Choucri	Low	Studio One
09:30-10:15	Aqua	Alex Hemsley	Low	Pool
10:15-10:45	Body Combat (30 min)	Daniel Moheb Choucri	High	Studio One
10:30-11:15	Pilates	Alex Hemsley	Low	Studio Two
10:55-11:25	LM CORE (30 min)	Daniel Moheb Choucri	Low	Studio One
11:00-11:45	Spin	Martha Mclean	Low	Spin Studio
11:00-11:45	Aqua Zumba	Rebecca Subham	Low	Pool
11:30-12:15	Aerotone	Alex Hemsley	High	Studio One
11:35-12:35	Body Balance (60 min)	Daniel Moheb Choucri	Low	Studio Two
12:00-12:45	Beginners Bootcamp	Danny Phillips	High	Bootcamp Studio
17:15-18:00	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
17:25-18:10	Yoga	Samuel C	Low	Studio Two
17:30-18:15	BigBox Bounce	Mel Capone	High	Studio One
18:00-18:45	Spin	Tom Jackson	Low	Spin Studio
18:15-19:00	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
18:25-18:55	Body Attack (30 min)	Bev Coates	High	Studio One
18:25-19:10	Pilates	Matthew Brammer	Low	Studio Two
19:00-19:30	LM CORE (30 min)	Bev Coates	Low	Studio One
19:00-19:45	Spin	Jenny Joof	Low	Spin Studio
19:15-20:00	Dynamic Meditation	Amrit Atwal	Low	Studio Two
19:20-20:05	Aqua Zumba	Matthew Brammer	Low	Pool
19:30-20:15	Zumba	Rebecca Subham	High	Studio One

THURSDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
06:00-06:30	Spin (30 min)	Alex Mather	Low	Spin Studio
06:30-07:15	Bootcamp	Danny Phillips	High	Bootcamp Studio
09:00-09:45	Pilates (Clinical & Beginners)	Susan Teal	Low	Studio Two
09:30-10:15	Low and Tone	Sam Battiste	Low	Studio One
09:45-10:30	Aqua Groove	Jackie Johnson	Low	Pool
10:00-11:00	HYROX (60 min)	Lauren Simpkins	High	BigBox Rox
10:00-10:45	Pilates	Susan Teal	Low	Studio Two
10:20-11:05	Spin	Martin Hey	Low	Spin Studio
10:30-11:15	Step (BEG/INT)	Sam Battiste	High	Studio One
11:00-11:45	Barre	Imogen Laverick	Low	Studio Two
11:00-11:45	Aqua	Jackie Johnson	Low	Pool
11:30-12:15	ChiChi Fit	Kim Lyne	Low	Studio One
12:00-12:45	Pure Stretch	Jackie Johnson	Low	Studio Two
12:00-12:45	Bootcamp	Alison Stephenson	High	Bootcamp Studio
17:00-17:45	Beginners Pilates	Katie Bostock	Low	Studio Two
17:30-18:15	Spin	Tom Jackson	Low	Spin Studio
17:30-18:15	Low and Tone	Sam Battiste	Low	Studio One
18:25-19:10	Body Balance	Katie Bostock	Low	Studio Two
18:25-19:05	Old Skool Aerobics	Sam Battiste	High	Studio One
18:30-19:15	PEAK Spin	Nigel Stagg	Low	Spin Studio
19:20-20:20	Body Pump (60 min)	Chris Stafford	Low	Studio One
19:30-20:15	Circle Pilates	Nigel Stagg	Low	Studio Two
20:00-21:00	HYROX (60 min)	Cory Hurst	High	BigBox Rox

FRIDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
06:30-07:15	Yoga	Donna Joyce	Low	Studio Two
06:30-07:15	Spin	Claire Rowland	Low	Spin Studio
07:15-08:15	HYROX (60 min)	Alison Stephenson	High	BigBox Rox
08:45-09:30	Beginners Yoga	Emily Flaherty	Low	Studio Two
09:15-10:30	Aqua Combat	Harjinder Sandhu	Low	Pool
09:30-10:15	Body Pump	Ashton Phillips-Morrin	Low	Studio One
09:40-10:25	Body Balance	Kerry Hyde	Low	Studio Two
10:25-11:10	Spin	Harjinder Sandhu	Low	Spin Studio
10:30-11:15	Body Combat	Sally Meikel-Janney	High	Studio One
11:20-12:05	Pilates	Fiona Nunns	Low	Studio Two
11:30-11:15	Soca	Elliot Augustine	High	Studio One
12:15-13:00	Spin	Sam Battiste	Low	Spin Studio
12:15-13:00	Yoga	Donna Joyce	Low	Studio Two
12:30-13:15	Mature Movers	Fiona Nunns	Low	Studio One
17:30-18:15	Boxing Bootcamp	Katie Bostock	High	Bootcamp Studio
17:45-18:30	Spin	Holly Rio-Gardiner	Low	Spin Studio
18:30-19:15	Body Balance	Tania Fisher	Low	Studio Two

SATURDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
08:00-09:00	HYROX (60 min)	Charlotte/Cory	High	BigBox Rox
08:30-09:15	Spin	Jamie Siddons	Low	Spin Studio
09:00-09:45	Pilates	Julie Lee	Low	Studio Two
09:30-10:15	Body Pump	Katie Bostock	Low	Studio One
09:50-10:35	Yoga	Julie Lee	Low	Studio Two
10:00-10:45	Spin	Jamie Siddons	Low	Spin Studio
10:15-11:00	Bootcamp	Gym Instructor	High	Bootcamp Studio
10:30-11:15	Body Combat	Katie Bostock	High	Studio One
11:00-11:45	Barre	Fiona Noonan	Low	Studio Two
11:30-12:15	Clubbercise	Mel Capone	High	Studio One
14:15-15:00	Aqua Combat	Harjinder Sandhu	Low	Pool

SUNDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
08:00-08:45	Spin	Tania Fisher	Low	Spin Studio
08:45-09:30	Pilates	Matthew Brammer	Low	Studio Two
09:00-09:45	Bootcamp	Alison Stephenson	High	Bootcamp Studio
09:35-10:20	Legs, Bums & Tums	Karen Woodhouse	Low	Studio One
09:45-10:30	Yoga	Silvija Jalmokaite	Low	Studio Two
10:00-10:45	Spin	Alison Stephenson	Low	Spin Studio
10:30-11:15	HIIT	Karen Woodhouse	High	Studio One
11:30-12:15	Body Balance	Amanda Skyes	Low	Studio Two

KIDS TIMETABLE

DAY	TIME	CLASS	LOCATION	TRAINER
Monday	16:30-17:15	Kids Ballet Age (Age 5+)	Studio One	Fiona Noonan
Monday	17:45-18:30	Family Bootcamp (Age 8+)	Bootcamp Studio	Charlotte McCauliffe
Tuesday	16:15-17:00	Teen HYROX (Age11-13)	Big Box Rox	Lauren Simpkins
Tuesday	17:00-17:45	Kids Fun (Age 7-12)	Teen Studio	Martin Cortis
Thursday	17.00-17:45	Kids Gymnastics (Age 5+)	Climbing Wall	Katie Sutton
Thursday	18:00-18:45	Family Bootcamp (Age 8+)	Bootcamp Studio	Charlotte McCauliffe
Friday	17:30-18:15	Kids Dance (Age 5+)	Studio Two	Katie Sutton
Saturday	10:00-10:45	Kids Fun (Age 5-10)	Teen Studio	Fiona Noonan
Sunday	10:45-11:30	Family Bootcamp (ages 8+)	Bootcamp Studio	Martin Cortis



BIGBOX
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