

GROUP FITNESS

TIME TABLE

COMMENCING MONDAY 5TH JANUARY 2026



MONDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
06:00-06:45	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Brendan Caunce
08:00-08:45	Pilates	Holistic	Studio Two	All	Nigel Stagg
09:15-10:15	HYROX	Condi/Cardio	BigBox Rox	All	Nigel Stagg
09:30-10:15	Low and Tone	Condi	Studio One	All	Fiona Nunns
09:35-10:20	Body Balance	Holistic	Studio Two	All	Alison Carr
10:15-11:00	Spin	Cardio	Spin Studio	All	Sam Battiste
10:25-11:10	Aqua Pilates	Aqua	Pool	All	Nigel Stagg
10:30-11:15	Body Pump	Condi	Studio One	All	Fiona Nunns
* 10:30-11:15	Tai Chi	Holistic	Studio Two	All	Alison Carr
11:20-12:05	Beginners Pilates	Holistic	Studio Two	All	Nigel Stagg
11:30-12:15	Zumba	Dance	Studio One	All	Sam Battiste
11:40-12:25	Aqua	Aqua	Pool	All	Sally Meikle-Janney
12:15-13:00	Beginners Pilates	Holistic	Studio Two	Beg/All	Nigel Stagg
12:15-13:00	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Ashton Phillips-Morrin
12:30-13:15	Mature Movers	Condi/Cardio	Studio One	Beg/All	Marie Coyne
14:00-15:00	Voice Box	Choir	Studio One	All	Alison Carr
16:30-17:15	Family Time	Family	Studio One	4+ yrs	
17:15-18:00	Pilates	Holistic	Studio Two	All	Susan Teal
17:30-18:00	Body Combat	Cardio	Studio One	All	Bev Coates
17:45-18:30	Family Bootcamp	Family	Bootcamp Studio	8+ yrs	Charlotte McCauliffe
18:00-18:45	Spin	Cardio	Spin Studio	All	Brendan Caunce
18:15-19:00	Body Balance	Holistic	Studio Two	All	Alex Mather
18:15-19:00	Body Pump	Condi	Studio One	All	Bev Coates
19:00-19:45	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Charlotte McCauliffe
19:15-20:00	Spin	Cardio	Spin Studio	All	Martha Mclean
19:15-20:30	Aqua Beats	Aqua	Pool	All	Alex Mather
19:15-20:00	BigBox Bounce	Cardio	Studio One	All	Mel Capone
19:20-20:05	Pure Stretch	Holistic	Studio Two	All	Jackie Johnson

TUESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
06:00-06:45	Spin	Cardio	Spin Studio	All	Alex Mather
07:00-08:00	HYROX	Condi/Cardio	BigBox Rox	All	Danny Phillips
09:00-09:45	Pilates	Holistic	Studio Two	All	Nigel Stagg
09:30-10:00	BodyPump	Condi	Studio One	All	Fiona Nunns
09:30-10:15	Spin	Cardio	Spin Studio	All	Lauren Simpkins
10:00-10:30	Body Attack	Cardio	Studio One	All	Fiona Nunns
10:00-10:45	Aqua	Aqua	Pool	All	Jackie Johnson
10:00-11:00	Beginners Yoga	Holistic	Studio Two	Beg/All	Jo Ribeiro
10:15-11:00	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Ashton Phillips-Morrin
10:30-11:15	SH'bam	Dance	Studio One	All	Fiona Nunns
11:15-12:30	Tai Chi	Holistic	Studio Two	All	Jackie Johnson
11:15-15:30	Aqua Med	Aqua	Pool	Rehab/All	Lynsey Wilcox
11:30-12:15	Legs, Bums & Tums	Condi	Studio One	All	Alison Carr
12:15-13:00	Pure Stretch	Holistic	Studio Two	All	Jackie Johnson
16:30-17:15	Teen HYROX	Teen	Big Box Rox	11-15 yrs	Lauren Simpkins
17:00-17:45	Kids Fun	Kids	Teen Studio	5-12 yrs	Martin Cortis
17:20-18:05	Barre	Condi	Studio Two	All	Fiona Noonan
17:30-18:15	Clubbercise	Dance	Studio One	All	Alex Mather
18:00-18:45	Spin	Cardio	Spin Studio	All	Harjinder Sandhu
18:15-19:00	Pilates	Holistic	Studio Two	All	Fiona Nunns
18:30-19:15	Legs, Bums & Tums	Condi	Studio One	All	Katie Siddons
* 19:00-19:45	Spin	Cardio	Spin Studio	All	Elliot Augustine
19:00-19:45	Aqua Combat	Aqua	Pool	All	Harjinder Sandhu
19:15-20:00	Yoga	Holistic	Studio Two	All	Silvija Jalmokaita
19:25-19:55	Body Pump	Condi	Studio One	All	Katie Siddons
20:00-21:00	HYROX	Condi/Cardio	BigBox Rox	All	Cory Hurst

WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
06:00-06:45	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Ashton Phillips-Morrin
06:30-07:00	Spin	Cardio	Spin Studio	All	Claire Rowland
07:00-08:00	HYROX	Condi/Cardio	BigBox Rox	All	Ashton Phillips-Morrin
09:00-09:45	Clinical Pilates	Rehab	Studio Two	Beg/All	Susan Teal
09:30-10:15	Aqua	Aqua	Pool	All	Alex Hemsley
09:20-10:05	Body Pump	Condi	Studio One	All	Daniel Moheb Choucri
10:15-10:45	Body Combat	Catdio	Studio One	All	Daniel Moheb Choucri
10:30-11:15	Pilates	Holistic	Studio Two	All	Alex Hemsley
10:55-11:25	Big Box Core	Condi	Studio One	All	Daniel Moheb Choucri
11:00-11:45	Spin	Cardio	Spin Studio	All	Martha Mclean
11:00-11:45	Aqua Zumba	Aqua	Pool	All	Rebecca Subham
11:30-12:15	Aerotone	Cardio	Studio One	All	Alex Hemsley
12:00-12:45	Beginners Bootcamp	Condi/Cardio	Bootcamp Studio	Beg/All	Danny Phillips
16:00-17:00	Family Time	Family	Studio One	4+ yrs	
* 17:15-18:00	Boxing Bootcamp	Condi/Cardio	Bootcamp Studio	All	Ashton Phillips-Morrin
17:25-18:10	Yoga	Holistic	Studio Two	All	Samuel C
17:30-18:15	BigBox Bounce	Cardio	Studio One	All	Mel Capone
18:00-18:45	Spin	Cardio	Spin Studio	All	Tom Jackson
18:15-19:00	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Ashton Phillips-Morrin
18:25-19:10	Pilates	Holistic	Studio Two	All	Matthew Brammer
18:30-19:00	Strong Nation	Cardio	Studio One	All	Rebecca Subham
19:00-19:30	Spin	Cardio	Spin Studio	All	Jenny Joof
19:10-19:55	ZUMBA	Dance	Studio One	All	Rebecca Subham
19:15-20:00	Dynamic Meditation	Holistic	Studio Two	All	Amrit Atwal
19:20-20:05	Aqua Fit	Aqua	Pool	All	Matthew Brammer

THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
06:00-06:30	Spin	Cardio	Spin Studio	All	Alex Mather
06:30-07:15	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Danny Phillips
09:00-09:45	Pilates	Rehab	Studio Two	Beg/All	Susan Teal
9:30-10:15	Low and Tone	Condi	Studio One	All	Sam Battiste
09:45-10:30	Aqua Groove	Aqua	Pool	All	Jackie Johnson
10:00-11:00	HYROX	Condi/Cardio	BigBox Rox	All	Lauren Simpkins
10:00-10:45	Pilates	Holistic	Studio Two	All	Susan Teal
10:20-11:05	Spin	Cardio	Spin Studio	All	Martin Hey
10:30-11:15	Step (BEG/INT)	Cardio	Studio One	Beg/All	Sam Battiste
11:00-11:45	Barre	Condi	Studio Two	All	Imogen Laverick
11:00-11:45	Aqua	Aqua	Pool	All	Jackie Johnson
12:00-12:45	Pure Stretch	Holistic	Studio Two	All	Jackie Johnson
12:00-12:45	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Alison Stephenson
17:00-17:45	Beginners Pilates	Holistic	Studio Two	Beg/All	Katie Bostock
17:00-17:45	Kids Gymnastics	Kids	Bouldering Wall	5+ yrs	Katie Sutton
17:30-18:15	Spin	Cardio	Spin Studio	All	Tom Jackson
17:30-18:15	Low and Tone	Conid	Studio One	All	Sam Battiste
18:00-18:45	Family Bootcamp	Family	Bootcamp Studio	8+ yrs	Charlotte McCauliffe
18:25-19:10	Body Balance	Holistic	Studio Two	All	Katie Bostock
18:25-19:05	Old Skool Aerobics	Cardio	Studio One	All	Sam Battiste
18:30-19:15	PEAK Spin	Cardio	Spin Studio	All	Nigel Stagg
19:20-20:20	Body Pump	condi	Studio One	All	Ashton Phillips-Morrin
19:30-20:15	Circle Pilates	Holistic	Studio Two	All	Nigel Stagg
20:00-21:00	HYROX	Condi/Cardio	BigBox Rox	All	Cory Hurst

FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
06:30-07:15	Vinyasa Yoga	Holistic	Studio Two	All	Donna Joyce
06:30-07:15	Spin	Cardio	Spin Studio	All	Claire Rowland
06:45-07:45	HYROX	Condi/Cardio	BigBox Rox	All	

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

