

**MONDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
06:00-06:45	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Brendan Counce
08:00-08:45	Pilates	Holistic	Studio Two	All	Nigel Stagg
09:15-10:15	HYROX (60 min)	Condi/Cardio	BigBox Rox	All	Brendan Counce
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
10:25-11:10	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	Boxing 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 (60 min)	Choir	Studio One	All	Alison Carr
16:30-17:45	Family Time	Family	Studio One	4+ yrs	
17:15-18:00	Pilates	Holistic	Studio Two	All	Susan Teal
17:30-18:00	Body Combat (30 min)	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 Counce
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 (60 min)	Condi/Cardio	BigBox Rox	All	Danny Philips
09:00-09:45	Pilates	Holistic	Studio Two	All	Nigel Stagg
09:30-10:00	BodyPump (30 min)	Condi	Studio One	All	Fiona Nunns
09:30-10:15	Spin	Cardio	Spin Studio	All	Lauren Simpkins
10:00-10:30	Body Attack (30 min)	Cardio	Studio One	All	Fiona Nunns
10:00-10:45	Aqua	Aqua	Pool	All	Jackie Johnson
10:00-11:00	Beginners Yoga (60 min)	Holistic	Studio Two	Beg/All	Jo Ribeiro
10:15-11:15	HYROX	Condi/Cardio	Big Box Rox	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 Willcox
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	11-13 yrs	Brendan Counce
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
17:00-17:45	Kids Fun	Kids	Teen Studio	5-12 yrs	Martin Cortis
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	Hatha Yoga	Holistic	Studio Two	All	Silvija Jalmokaite
19:25-19:55	BODY PUMP	Condi	Studio One	All	Katie Siddons
19:30-20:30	HYROX (60 min)	Condi/Cardio	BigBox Rox	All	Brendan Counce

**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 (60 min)	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 (30 min)	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 (30 min)	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 (30 min)	Cardio	Spin Studio	All	Alex Mather
06:30-07:15	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Danny Phillips
09:00-09:45	Pilates (Clinical & Beginners)	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 (60 min)	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	Mia Bates
17:30-18:15	Spin	Cardio	Spin Studio	All	Sam Battiste
17:30-18:15	Body Sculpt	Conid	Studio One	All	Karen Woodhouse
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 (60 min)	condi	Studio One	All	Ashton Phillips-Morrin
19:30-20:15	Circle Pilates	Holistic	Studio Two	All	Nigel Stagg
20:00-21:00	HYROX (60 min)	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
06:30-07:00	Spin (30 min)	Cardio	Spin Studio	All	Claire Rowland
06:45-07:45	HYROX (60 min)	Condi/Cardio	BigBox Rox	All	Alison Stephenson
08:45-09:30	Beginners Yoga	Holistic	Studio Two	Beg/All	Emily Flaherty
9:15-10:00	Aqua Combat	Aqua	Pool	All	Harjinder Sandhu
09:30-10:15	Body Pump	Condi	Studio One	All	Ashton Phillips-Morrin
09:30-10:15	Body Balance	Holistic	Studio Two	All	Kerry Hyde
10:25-11:00	Spin	Cardio	Spin Studio	All	Harjinder Sandhu
10:25-11:10	Pure Stretch	Holistic	Studio Two	All	Kim Lyne
10:30-11:15	Body Combat	Cardio	Studio One	All	Sally Meikel-Janney
11:20-12:05	Pilates	Holistic	Studio Two	All	Fiona Nunns
11:30-11:15	Soca	Dance	Studio One	All	Elliot Augustine
12:15-13:00	Spin	Cardio	Spin Studio	All	Sam Battiste
12:15-13:00	Vinyasa Yoga	Holistic	Studio Two	All	Donna Joyce
12:30-13:15	Mature Movers	Condi/Cardio	Studio One	All	Fiona Nunns
17:00-17:45	Harvey Ray Dance	Kids	Studio Two	5+ yrs	Harvey Ray
17:30-18:15	Boxing Bootcamp	Condi/Cardio	Bootcamp Studio	All	Katie Bostock
17:45-18:30	Spin	Cardio	Spin Studio	All	Holly Rio-Gardiner
18:30-19:15	Body Balance	Holistic	Studio Two	All	Tania Fisher

**SATURDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
07:15-08:00	Dynamic Meditation	Holistic	Studio Two	All	Amrit Atwal
08:00-09:00	HYROX (60 min)	Condi/Cardio	BigBox Rox	All	Charlotte/Cory
08:30-09:15	Spin	Cardio	Spin Studio	All	Jamie Siddons
09:00-09:45	Pilates	Holistic	Studio Two	All	Julie Lee
09:30-10:15	Body Pump	Condi	Studio One	All	Katie Bostock
09:50-10:35	Yoga	Holistic	Studio Two	All	Julie Lee
10:00-10:45	Spin	Cardio	Spin Studio	All	Jamie Siddons
10:00-10:45	Kids Fun	Kids	Teen Studio	5+ yrs	Fiona Noonan
10:15-11:00	Bootcamp	Condi/Cardio	Bootcamp Studio	All	Gym Instructor
10:30-11:15	Body Combat	Cardio	Studio One	All	Katie Bostock
11:00-11:45	Barre	Condi	Studio Two	All	Fiona Noonan
11:30-12:15	Clubbercise	Dance	Studio One	All	Mel Capone
14:15-15:00	Aqua Combat	Aqua	Pool	All	Harjinder Sandhu

**SUNDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
08:00-08:45	Spin	Cardio	Spin Studio	All	Tania Fisher
08:50-09:20	Les Mills Grit Strength	Condi	Studio One	All	Jenny Joof
09:00-09:45	HYROX	Condi/Cardio	Bootcamp Studio	All	Alison Stephenson
09:35-10:20	Legs, Bums & Tums	Condi	Studio One	All	Karen Woodhouse
09:45-10:30	Yoga	Holistic	Studio Two	All	Silvija Jalmokaite
10:00-10:45	Spin	Cardio	Spin Studio	All	Alison Stephenson
10:30-11:15	HIIT and Tone	Condi/Cardio	Studio One	All	Karen Woodhouse
10:45-11:30	Family Bootcamp	Family	Bootcamp Studio	8+ yrs	Martin Cortis
11:30-12:15	Body Balance	Holistic	Studio Two	All	Amanda Skyes
14:30-15:30	Sunday Savasana	Holistic	Studio Two	All	Bernadette Culhane

**TIMETABLE KEY**

- TIMETABLE CHANGE
- KIDS CLASS
- 30 MINUTE CLASS
- 60 MINUTE CLASS

\* NEW TIMETABLE ADDITION

GROUP FITNESS

# TIMETABLE

COMMENCING MONDAY 13<sup>TH</sup> APRIL 2026



**BIGBOX**  
HUDDERSFIELD

## 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](mailto: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



TANDAM INDUSTRIAL ESTATE, WAKEFIELD ROAD, TANDAM, HUDDERSFIELD, HD5 0AL

## 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 tranquility 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](mailto: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.