

Group Fitness Timetable - Village Gym Leeds North

Monday

Time	Class	Studio	Who
07.30-08.00	APEX Core	Gym Floor	Gym Team
09.15-10.00	Kettlebells	Wellness	Tommy
09.30-10.30	Pilates	Studio 2	Emma
11.00-11.30	APEX Fusion	Gym Floor	Gym Team
10.15-11.00	Aqua	Pool	Sam
10.30-11.30	Body Conditioning	Studio 2	Amanda
10.30-11.30	Dynamic Hatha Yoga	Wellness	Elaine
11.30-12.00	Back 2 Fitness	Studio 2	Julie
12.00-12.30	Back 2 Fitness	Studio 2	Julie
12.30-13.15	Dance Fit	Studio 2	Diane
16.00-17.00	Yoga	Studio 2	Claire
17.45-18.30	Body Conditioning	Studio 2	Tracey D
18.15-19.00	Pilates	Wellness	Bianca
18.30-19.30	Body Attack	Studio 2	Jade
19.00-20.00	Fitness Yoga	Wellness	Heather
19.15-20.00	Aqua	Pool	Sam
20.00-20.45	Kettlebells	Wellness	Gym Team
19.30-20.30	Body Balance	Studio 2	Jade

Thursday

Time	Class	Studio	Who
07.00-07.30	APEX Strength	Gym Floor	Gym Team
09.00-09.45	Body Conditioning	Studio 2	Helen
09.30-10.30	Pilates	Wellness	Naomi
09.45-10.45	BodyCombat	Studio 2	Helen
10.00-10.45	Aqua	Pool	Iain
10.45-11.45	Yoga	Studio 2	Claire
11.45-12.45	Ballroom Fitness	Studio 2	Diane
12.45-13.30	Fitness Pilates	Studio 2	Amanda
17.00-18.00	Karate	Studio 2	Steve
18.00-18.30	Abs Blast	Wellness	Gym Team
18.00-18.45	Body Attack Express	Studio 2	Sam A
18.45-19.35	Dance Fit	Studio 2	Helen
19.35-20.45	Vinyasa flow yoga	Wellness	Binny
19.45 -20.30	Circuits	Studio 2	Gym Team

**ALL CLASSES MUST BE BOOKED AT LEISURE RECEPTION**

OR VIA TELEPHONE ON **0113 2033 521**

PLEASE SEE STUDIO BOARDS FOR TIMETABLE CHANGES.

INFORM THE CLASS INSTRUCTOR PRIOR TO THE CLASS

COMMENCING IF YOU HAVE ANY MEDICAL CONDITIONS.

**PLEASE BE ON TIME FOR YOUR CLASS. ENTRY TO CLASSES**

**WILL BE REFUSED IF YOU HAVE MISSED THE WARM UP.**

Tuesday

Time	Class	Studio	Who
06.45-07.30	Body Attack Express	Studio 2	Reagan
09:30-10:15	Kettlebells	Wellness	Iain
09.30-10.30	Body Conditioning	Studio 2	Cheryl
10.30-11.00	APEX Core	Gym Floor	Gym Team
10.30-11.30	Yoga	Studio 2	Vera
11.30-12.30	Aerobics	Studio 2	Julie
12.30-13.30	Body Balance	Studio 2	Julie
13.00-13.30	APEX Active	Gym Floor	Gym Team
13.30-14.15	Pilates	Studio 2	Emma
14.00-14.45	Aqua	Pool	Iain
17.30-18.00	Metafit	Studio 2	Gym Team
18.00-18.30	Abs Blast	Studio 2	Gym Team
18.30-19.30	Pilates	Wellness	Carla
18.30-19.30	BodyCombat	Studio 2	Anita
19.30-20.30	BodyPump	Studio 2	Anita

Friday

Time	Class	Studio	Who
07.00-07.30	HIIT & Abs Blast	Studio 2	Iain
09.00-10.00	Pilates	Studio 2	Emma
10.00-11.00	Pilates	Wellness	Emma
10.00-10.30	Body Pump	Studio 2	Cassie
10.30-11.00	APEX Core	Gym Floor	Iain
10.30-11.15	Dance Fit	Studio 2	Helen
10.30-11.15	Aqua	Pool	Sam
11.15-12.00	KettleBells	Wellness	Iain
11.15-12.15	Astanga Yoga	Studio 2	Kirsten
12.15-13.00	Fitsteps	Studio 2	Cassie
17.45-18.15	Circuits	Studio 2	Gym Team
18.15-19.15	BodyCombat	Studio 2	Anita
19.00-19.45	Yoga	Wellness	Vera
19.15-20.15	Body Balance	Studio 2	Anita

**CLASS LEVEL INDICATOR**

Please see the leisure staff for more info on class intensity levels.

**Avg. MEPS - Average myzone effort points used by physical activity in a class.**

**(see Myzone board for further information)**

**Introduction to Ballroom Dancing**

Every 1st Thursday of the month with Diane in the Wellness Studio at 11:00am

Wednesday

Time	Class	Studio	Who
07.00-07.30	Metafit	Studio 2	Cassie
09.10-09.40	BodyCombat Express	Studio 2	Cassie
09.45-10.30	Kettlebells	Wellness	Ben
09.40-10.25	Aerobics	Studio 2	Julie
10.35-11.20	Aqua	Pool	Julie
10.25-11.25	Pilates	Studio 2	Deena
11.30-12.15	Back 2 Fitness	Studio 2	Julie
11.30-12.00	APEX Release	Gym Floor	Ben
12:15-13:00	Dance Fit	Studio 2	Helen
14.00-15.00	Yoga	Studio 2	Vera
18.00-19.00	BodyPump	Studio 2	Naomi
18.15-19.00	Boxercise	Wellness	Bianca
19.00-19.30	APEX ignite	Gym Floor	Gym Team
19.00-20.00	Yoga	Wellness	Vera
19.10-20.10	BodyJam	Studio 2	Naomi

Saturday

Time	Class	Studio	Who
08.25-08.55	Circuits	Studio 2	Gym Team
09.00-10.00	BodyAttack	Studio 2	Monica
10.00-11.00	Karate	Studio 2	Steve
10.20-11.05	KettleBells	Wellness	Gym Team
11.15-12.15	Body Pump	Studio 2	Cassie
12.45-13.30	Symmetry	Wellness	Cassie
12.15-13.00	Zumba	Studio 2	Annika
13.10-14.10	Tai Chi	Studio 2	Mark
14.00-14.30	Kids Active	Gym Floor	Gym Team
14.15-15.15	Beginners Tai Chi	Studio 2	Mark
16.00-16.45	Aqua	Pool	Hayley
17.00-18.00	Yoga	Studio 2	Amanda

Sunday

Time	Class	Studio	Who
09.45-10.30	Body Conditioning	Studio 2	Tracey D
10.15-11.00	Intro to Pilates	Wellness	Diane
11.15-12.15	Pilates	Studio 2	Diane
14.00-14.30	Kids Active	Gym Floor	Gym Team
16.00-16.45	Aqua	Pool	Hayley
17.00-17.30	APEX Agility	Gym Floor	Gym Team
17.30-18.30	Body Combat	Studio 2	Monica

**SQUASH CLUB**

Every Wednesday evening from 6:30-8pm all skill levels welcome