



Class and Gym Timetable

Monday 4th Sept – Friday 22nd December 2023

| Monday | Tuesday | Wednesday | Thursday |
|--------------------------------------------------------|-----------------------------------|-------------------------|--------------------------------|
| 10:00 – 11:00 Zumba Gold (Bramley Community Centre) | 06:30 – 07:00 BB Gym Class | 09:15 – 10:15 Yoga | 09:30 – 10:30 Gentle Pilates |
| 14:45 – 15:30 Aqua Aerobics | 10:00 – 11:00 Gentle Gym | 10:30 – 11:30 Boot Camp | 10:45 – 11:45 Yoga |
| 17:00 – 18:00 Yoga | 11:15 – 12:00 Aqua Aerobics | 18:00 – 19:00 Boot Camp | 11:15 – 12:00 Aqua Aerobics |
| 18:00 – 19:00 Legs Bums Tums | 12:45 – 13:45 Yoga for well being | 19:00 – 20:00 Yoga | 18:00 – 19:00 Boot Camp |
| 19:00 – 20:00 Pilates | 13:50 – 14:25 Yoga Nidra | | 19:05 – 20:00 Body Toning |
| | 17:00 – 18:00 Box Fit | | |
| | 18:00 – 19:00 Boot Camp | | |
| | 19:15 - 20:00 Aqua Aerobics | | |
| | 19:00 – 20:00 Zumba | | |
| Friday | Saturday | Sunday | Gym Opening Times |
| 09:15 – 09:55 Pilates Core Ball | 09:00 – 10:00 Yoga Flow | 09:15 – 10:15 Yoga | Mon – Friday 6:30 – 21:00 |
| 10:00 – 11:00 Zumba Gold | | 10:20 – 11:20 Yoga | Saturday 7:00 – 16:00 |
| 11:00 – 12:00 Zumba Gold | | | Sunday 7:00 – 16:00 |
| 17:30 – 18:30 Yoga | | | Junior Gym (12 – 13 Years old) |
| | | | Tuesday 16:15 – 17:15 |
| | | | Wednesday 16:15 – 17:15 |
| | | | Thursday 16:15 – 17:15 |