

GROUP FITNESS TIMETABLE

Batley Sports & Tennis Centre / April 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1 Yoga 9:15am - 10:15am STUDIO 1 Aerotone 10:30am - 11:15am STUDIO 2 Chair Pilates 10:30am - 11:15am STUDIO 1 Stretch 11:25am - 11:55am STUDIO 2 Tai Chi 11:30am - 12:15pm	GYM DEKA 10:00am - 10:40am STUDIO 1 Pilates 11:00am - 11:45am STUDIO 1 Clinical Pilates 12:00pm - 12:45pm STUDIO 2 Female Only LBT 12:00pm - 12:45pm POOL Aqua Fit 12:00pm - 12:45pm STUDIO 1 Health Circuit 1:00pm - 1:45pm POOL Aqua Med 2:45pm - 3:30pm GYM DEKA 5:15pm - 5:55pm STUDIO 2 Pilates 5:30pm - 6:30pm STUDIO 1 ZUMBA 5:55pm - 6:40pm GYMNASIUM BOXFit 6:00pm - 6:45pm STUDIO 1 Female Only ZUMBA 6:55pm - 7:40pm SPORTS HALL Circuit 7:00pm - 7:45pm	STUDIO 1 Pilates 9:30am - 10:15am STUDIO 1 Female Only Step 10:25am - 11:10am POOL Aqua Fit 10:25am - 11:10am STUDIO 1 Yoga 11:30am - 12:15pm GYM DEKA 12:20pm - 1:00pm POOL Aqua Med 12:25pm - 1:10pm GYM DEKA 5:30pm - 6:10pm STUDIO 1 LESMILLS BODYCOMBAT 5:45pm - 6:30pm STUDIO 1 Yoga 6:45pm - 7:30pm POOL Aqua Fit 7:10pm - 7:55pm	STUDIO 2 LBT 9:30am - 10:15am STUDIO 2 Mature Movers 10:45am - 11:30am GYM DEKA 12:20pm - 1:00pm STUDIO 2 Beginner Pilates 1:20pm - 2:20pm GYM DEKA 5:30pm - 6:10pm STUDIO 1 KAL Strength 5:45pm - 6:30pm STUDIO 2 ChiChiFit 6:40pm - 7:25pm SPORTS HALL BOXFit 6:45pm - 7:30pm STUDIO 1 Pilates 6:45pm - 7:30pm GYM DEKA 7:40pm - 8:20pm	STUDIO 2 Wellbeing Circuit 09:30am - 10:15am STUDIO 1 Yoga 9:30am - 10:15am POOL Aqua ZUMBA 10:25am - 11:10am STUDIO 2 ZUMBA 10:30am - 11:15am STUDIO 1 Aerotone 10:30am - 11:15am STUDIO 2 Chair Pilates 11:30am - 12:15pm STUDIO 1 LBT 11:30am - 12:15pm GYM DEKA 5:15pm - 5:55pm	STUDIO 1 LESMILLS BODYCOMBAT 8:15am - 9:00am GYMNASIUM Kettlebells 9:10am - 9:55am STUDIO 1 Female Only ZUMBA 9:15am - 10:00am GYM DEKA 9:20am - 10:00am STUDIO 1 KAL Strength 10:10am - 10:55am STUDIO 2 Yoga 10:15am - 11:15am STUDIO 1 Pilates 6:55pm - 7:40pm	STUDIO 1 Yoga 9:30am - 10:15am POOL Aqua Fit 10:15am - 11:00am GYM DEKA 10:30am - 11:10am

♥ = Health Class
EXP = Express Class
▶ = Virtual Class

