

GROUP VIRTUAL TIMETABLE

Batley Sports & Tennis Centre / January 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

STUDIO 2

LES MILLS THE TRIP

6:45am - 7:30am

STUDIO 2

LES MILLS BODYPUMP

9:15am - 10:00am

STUDIO 2

LES MILLS CORE

12:30pm - 1:00pm

STUDIO 2

ON DEMAND

1:15pm - 2:45pm

STUDIO 2

LES MILLS BODYCOMBAT

4:45pm - 5:30pm

STUDIO 2

ON DEMAND

7:30pm - 9:00pm

Tuesday

STUDIO 2

LES MILLS BODYCOMBAT

6:45am - 7:30am

STUDIO 2

LES MILLS BODYBALANCE

7:30am - 8:15am

STUDIO 2

LES MILLS RPM EXP

9:15am - 9:45am

STUDIO 2

LES MILLS GRIT | STRENGTH

10:15am - 10:45am

STUDIO 2

ON DEMAND

11:00am - 4:30pm

STUDIO 2

LES MILLS BODYPUMP

4:30pm - 5:15pm

LES MILLS BODYCOMBAT

6:45pm - 7:30pm

STUDIO 2

LES MILLS sprint

8:00pm - 8:30pm

Wednesday

STUDIO 2

LES MILLS sprint

6:45am - 7:15am

STUDIO 2

ON DEMAND

7:30am - 09:00am

STUDIO 2

LES MILLS BODYPUMP

12:00pm - 12:45pm

STUDIO 2

LES MILLS BODYCOMBAT

1:00pm - 1:45pm

STUDIO 2

ON DEMAND

2:00pm - 5:00pm

STUDIO 2

LES MILLS BODYPUMP

5:30pm - 6:15pm

STUDIO 2

ON DEMAND

7:30pm - 9:00pm

Thursday

STUDIO 2

ON DEMAND

6:45am - 9:15am

STUDIO 2

LES MILLS RPM EXP

12:00pm - 12:30pm

STUDIO 2

ON DEMAND

2:30pm - 6:30pm

STUDIO 2

ON DEMAND

7:45pm - 9:00pm

Friday

STUDIO 2

LES MILLS RPM

7:00am - 7:45am

STUDIO 2

ON DEMAND

7:45am - 10:00am

STUDIO 2

ON DEMAND

2:00pm - 5:00pm

STUDIO 2

LES MILLS BODYATTACK EXP

5:00pm - 5:30pm

STUDIO 2

LES MILLS RPM

6:45pm - 7:30pm

STUDIO 2

ON DEMAND

7:45pm - 9:00pm

Saturday

STUDIO 2

LES MILLS BODYATTACK

8:00am - 8:45am

STUDIO 2

ON DEMAND

8:45am - 10:00am

STUDIO 2

ON DEMAND

11:30am - 2:00pm

STUDIO 2

ON DEMAND

2:30pm - 5:00pm

Sunday

STUDIO 2

ON DEMAND

8:00am - 10:00am

STUDIO 2

LES MILLS BODYPUMP

10:30am - 11:30am

STUDIO 2

LES MILLS CORE

11:30am - 12:00pm

STUDIO 2

ON DEMAND

12:00pm - 5:00pm

= Cycle On Demand
 = Studio On Demand
EXP = Express Class