

FEMALE ONLY TIMETABLE

April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING			STUDIO 1Step10:25am - 11:10am STUDIO 2Pilates10:45am - 11:30am	POOLAqua Fit11:45am - 12:30pm	STUDIOActive Mums10:30am - 11:15am	STUDIO 1Zumba Toning9:15am - 10:00am	
AFTERNOON	STUDIO 4Pre & Post Natal Pilates1:00pm - 2:00pm	STUDIO 2LBT12:15pm - 1:00pm			STUDIOPre & Post Natal Pilates1:30pm - 2:15pm		POOLAqua Fit4:45pm - 5:30pm
EVENING		STUDIO 1Zumba Toning5:55pm - 6:35pm POOLAqua Fit7:50pm - 8:35pm POOLFamily Swim8:30pm - 9:30pm	STUDIO 2Bollywood6:15pm - 7:00pm POOLSwim Lesson7:25pm - 8:25pm POOLAqua Zumba7:50pm - 8:35pm STUDIO 1Pilates7:50pm - 8:35pm POOLLength Swim8:30pm - 9:30pm				

Batley Sports & Tennis Centre Colne Valley Leisure Centre Spenn Valley Leisure Centre Huddersfield Leisure Centre Holmfirth Pool & Leisure Centre Virtual Class

Please Note : Whilst KAL make every effort to provide a female only activity area during specific sessions, KAL cannot guarantee the session will be solely female staffed on every occasion. Male members of staff may be present in the facility and required to staff sessions. The wider facility will not be a female only environment.

