

FEMALE ONLY TIMETABLE

April 2026

MORNING

AFTERNOON

EVENING

6am –

12pm –

4pm –

9pm –

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

STUDIO 1 Step
10:25am – 11:10am

STUDIO 2 Pilates
10:45am – 11:30am

POOL Aqua Fit
11:45am – 12:30pm

STUDIO Active Mums
10:30am – 11:15am

STUDIO 1 Zumba Toning
9:15am – 10:00am

STUDIO 4 Pre & Post Natal Pilates
1:00pm – 2:00pm

STUDIO 2 LBT
12:15pm – 1:00pm

STUDIO Pre & Post Natal Pilates
1:30pm – 2:15pm

POOL Aqua Fit
4:45pm – 5:30pm

STUDIO 1 Zumba Toning
5:55pm – 6:35pm

STUDIO 2 Bollywood
6:30pm – 7:15pm

POOL Aqua Fit
7:50pm – 8:35pm

POOL Family Swim
8:30pm – 9:30pm

POOL Swim Lesson
7:25pm – 8:25pm

POOL Aqua Zumba
7:50pm – 8:35pm

STUDIO 1 Pilates
7:50pm – 8:35pm

POOL Length Swim
8:30pm – 9:30pm

Batley Sports & Tennis Centre Colne Valley Leisure Centre Spen 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.

