

GROUP FITNESS TIMETABLE

Spen Valley Leisure Centre / July 2026

6am -

MORNING

12pm -

AFTERNOON

4pm -

EVENING

9pm -

Monday

- GYM 7:30am - 8:10am
- STUDIO 1 9:15am - 10:00am
- STUDIO 2 Pilates 9:15am - 10:00am
- CYCLE STUDIO Studio Cycling 9:30am - 10:15am
- STUDIO 1 10:15am - 10:45am
- STUDIO 1 11:00am - 11:45am
- POOL Aqua Med 11:50am - 12:35pm

- STUDIO 1 Hatha / Yin Yoga 12:00pm - 1:00pm
- POOL Aqua Fit 12:40pm - 1:25pm
- GYM Functional Circuit 1:00pm - 1:30pm
- STUDIO 2 Clinical Pilates 1:15pm - 2:00pm
- STUDIO 1 Aerotone 1:35pm - 2:20pm

- STUDIO 1 Pilates 4:55pm - 5:40pm
- STUDIO 2 Strength Development 5:00pm - 5:45pm
- CYCLE STUDIO Studio Cycling 5:30pm - 6:15pm
- STUDIO 1 6:00pm - 6:45pm
- STUDIO 2 6:00pm - 6:45pm
- CYCLE STUDIO Studio Cycling 6:30pm - 7:15pm
- STUDIO 2 6:55pm - 7:40pm
- STUDIO 1 7:00pm - 7:45pm
- GYM 7:40pm - 8:20pm
- POOL Aqua Fit 7:50pm - 8:35pm
- STUDIO 1 Vinyasa Yoga 8:00pm - 8:45pm

Tuesday

- STUDIO 1 Strength Development 6:45am - 7:30am
- STUDIO 2 Aerotone 9:15am - 10:00am
- STUDIO 1 Pilates 9:30am - 10:15am
- CYCLE STUDIO Studio Cycling 9:30am - 10:15am
- GYM 10:00am - 10:40am
- STUDIO 2 10:15am - 11:00am
- STUDIO 1 10:30am - 11:15am
- STUDIO 2 11:15am - 12:00pm
- STUDIO 1 11:30am - 12:15pm

- STUDIO 2 12:25pm - 1:10pm
- STUDIO 2 Pilates 12:30pm - 1:15pm
- POOL Aqua Fit 12:45pm - 1:30pm
- GYM Functional Circuit 1:00pm - 1:30pm
- STUDIO 2 Wellbeing Circuit 1:45pm - 2:30pm
- STUDIO 1 Tai Chi 2:00pm - 3:00pm

- STUDIO 1 4:15pm - 5:00pm
- CYCLE STUDIO Studio Cycling 5:15pm - 6:00pm
- STUDIO 1 Pilates 5:15pm - 6:00pm
- STUDIO 2 Yoga 5:20pm - 6:05pm
- STUDIO 1 6:15pm - 7:00pm
- CYCLE STUDIO Studio Cycling 6:15pm - 7:00pm
- STUDIO 2 Female Only Bollywood 6:30pm - 7:15pm
- STUDIO 1 7:15pm - 8:00pm
- CYCLE STUDIO Studio Cycling 7:15pm - 8:00pm
- GYM 7:30pm - 8:10pm
- STUDIO 2 Step 7:30pm - 8:15pm
- POOL Female Only Aqua Fit 7:50pm - 8:35pm

Wednesday

- GYM 6:40am - 7:20am
- STUDIO 1 9:00am - 9:30am
- STUDIO 2 LBT 9:00am - 9:45am
- CYCLE STUDIO Studio Cycling 9:30am - 10:15am
- STUDIO 1 9:45am - 10:30am
- STUDIO 2 9:50am - 10:35am
- STUDIO 1 10:40am - 11:25pm
- STUDIO 2 Female Only Pilates 10:45am - 11:30am
- STUDIO 1 11:35am - 12:20am
- POOL Aqua Fit 11:45am - 12:30pm
- STUDIO 2 Chair Pilates 11:45am - 12:30pm

- POOL Aqua Med 12:45pm - 1:30pm
- STUDIO 2 Aerotone 1:00pm - 1:45pm
- STUDIO 1 Health Circuit 1:00pm - 1:45pm
- STUDIO 1 Pilates 2:00pm - 2:45pm

- STUDIO 1 5:00pm - 5:45pm
- STUDIO 2 Beginner Pilates 5:15pm - 6:00pm
- CYCLE STUDIO Studio Cycling 5:30pm - 6:15pm
- STUDIO 1 6:00pm - 6:45pm
- STUDIO 2 LBT 6:15pm - 7:00pm
- STUDIO 1 6:55pm - 7:40pm
- GYM 7:30pm - 8:10pm
- STUDIO 1 Female Only Pilates 7:50pm - 8:35pm

Thursday

- STUDIO 1 Yoga 6:45am - 7:30am
- GYM 7:30am - 8:10am
- STUDIO 2 Pilates 9:00am - 10:00am
- STUDIO 1 9:30am - 10:15am
- STUDIO 1 10:30am - 11:15am
- POOL Aqua Med 10:45am - 11:30am
- POOL Female Only Aqua Fit 11:45am - 12:30pm
- STUDIO 1 Hatha / Yin Yoga 11:45am - 12:45pm

- GYM Functional Circuit 12:00pm - 12:30pm
- STUDIO 1 Aerotone 1:00pm - 1:45pm
- STUDIO 1 Stretch 2:00pm - 2:30pm
- STUDIO 2 Wellbeing Circuit 2:15pm - 3:00pm

- STUDIO 2 Pilates 4:45pm - 5:30pm
- STUDIO 1 5:00pm - 5:30pm
- STUDIO 1 5:45pm - 6:30pm
- CYCLE STUDIO Studio Cycling 5:45pm - 6:30pm
- STUDIO 2 5:45pm - 6:30pm
- STUDIO 1 Strength Development 6:40pm - 7:25pm
- CYCLE STUDIO HIIT Cycle 6:45pm - 7:15pm
- STUDIO 2 Yoga 6:45pm - 7:30pm
- GYM 7:00pm - 7:40pm
- CYCLE STUDIO Studio Cycling 7:30pm - 8:15pm
- STUDIO 1 7:40pm - 8:25pm
- POOL Aqua Zumba 7:50pm - 8:35pm

Friday

- GYM 6:40am - 7:20am
- STUDIO 1 Fitness Pilates 8:15am - 9:00am
- STUDIO 1 LBT 9:15am - 10:00am
- STUDIO 2 Step 9:15am - 10:00am
- STUDIO 1 10:15am - 11:00am
- STUDIO 1 Vinyasa Yoga 11:15am - 12:15pm

- POOL Aqua Med 12:45pm - 1:30pm
- STUDIO 1 Health Circuit 12:45pm - 1:30pm
- GYM Functional Circuit 1:00pm - 1:30pm
- STUDIO 2 Stability & Balance 1:45pm - 2:45pm
- STUDIO 1 Pilates 1:45pm - 2:45pm
- STUDIO 2 Next Steps for Cancer 2:45pm - 3:30pm

- STUDIO 2 Pilates 5:30pm - 6:15pm
- STUDIO 1 5:45pm - 6:30pm
- GYM 6:00pm - 6:40pm
- CYCLE STUDIO Studio Cycling 6:15pm - 7:00pm
- STUDIO 1 6:40pm - 7:25pm

Saturday

- STUDIO 1 8:30am - 9:15am
- CYCLE STUDIO Studio Cycling 8:30am - 9:15am
- STUDIO 2 Strength Development 8:30am - 9:15am
- GYM 8:45am - 9:25am
- STUDIO 1 9:30am - 10:30am
- STUDIO 1 10:45am - 11:30am
- GYM Functional Circuit 11:15am - 11:45am

Sunday

- GYM 8:30am - 9:10am
- STUDIO 2 Step 9:20am - 10:05am
- STUDIO 1 9:15am - 10:00am
- CYCLE STUDIO Studio Cycling 9:30am - 10:15am
- STUDIO 2 Stretch 10:15am - 10:45am
- STUDIO 1 10:15am - 11:00am
- GYM Functional Circuit 11:15am - 11:45am

- GYM 4:30pm - 5:10pm
- POOL Female Only Aqua Fit 4:45pm - 5:30pm
- STUDIO 1 4:45pm - 5:30pm
- STUDIO 2 barre 4:45pm - 5:30pm
- STUDIO 1 Yoga 5:40pm - 6:25pm
- POOL Aqua Fit 5:45pm - 6:30pm

= Health Class
EXP = Express Class
 = Virtual Class

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