

GROUP FITNESS TIMETABLE

Colne Valley Leisure Centre / September 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	SPORTS HALL LES MILLS BODYPUMP 6:45am - 7:30am	SPORTS HALL DEKA 6:45am - 7:25am	STUDIO Pilates 6:45am - 7:30am	CYCLE STUDIO Studio Cycling Coach by Colour 6:45am - 7:30am	SPORTS HALL DEKA 6:45am - 7:25am	SPORTS HALL LES MILLS BODYCOMBAT EXP 8:00am - 8:30am	
	SPORTS HALL LES MILLS tone 9:15am - 10:00am	POOL Aqua Med 9:10am - 9:55am	SPORTS HALL Pilates 9:00am - 9:45am	SPORTS HALL LES MILLS tone 9:30am - 10:15am	SPORTS HALL LES MILLS BODYPUMP 9:30am - 10:15am	CYCLE STUDIO Studio Cycling Coach by Colour 8:30am - 9:15am	SPORTS HALL DEKA 8:30am - 9:15am
	CYCLE STUDIO Studio Cycling Coach by Colour 10:15am - 11:00am	SPORTS HALL LES MILLS BODYPUMP 9:15am - 10:00am	SPORTS HALL Mature Movers 10:00am - 10:45am	CYCLE STUDIO Studio Cycling Coach by Colour 9:30am - 10:15am	SPORTS HALL Hatha Yoga 10:30am - 11:30am	SPORTS HALL LES MILLS BODYPUMP 8:45am - 9:45am	CYCLE STUDIO Studio Cycling Coach by Colour 9:00am - 9:45am
		POOL Aqua Fit 10:05am - 10:50am	CYCLE STUDIO Studio Cycling Coach by Colour 10:15am - 11:00am	SPORTS HALL LES MILLS BODYBALANCE 10:30am - 11:15am	STUDIO Active Mums 10:30am - 11:15am	STUDIO Health Circuit 9:30am - 10:15am	SPORTS HALL LBT 9:30am - 10:15am
			SPORTS HALL Yoga 11:00am - 11:45am	STUDIO Health Circuit 11:15am - 12:00pm	CYCLE STUDIO Studio Cycling Coach by Colour 11:40am - 12:25pm	SPORTS HALL LES MILLS CORE 10:00am - 10:30am	STUDIO Strength Development 9:30am - 10:15am
				SPORTS HALL LBT 11:25am - 12:10pm	SPORTS HALL Mature Movers 11:45am - 12:30pm	SPORTS HALL LES MILLS DANCE 10:40am - 11:25am	SPORTS HALL LES MILLS BODYBALANCE 10:25am - 11:25am
						STUDIO Vinyasa Yoga 11:35am - 12:20pm	
		SPORTS HALL Pilates 12:30pm - 1:15pm		SPORTS HALL ZUMBA 12:30pm - 1:15pm			
			POOL Aqua Fit 1:40pm - 2:25pm				
			POOL Aqua Med 2:30pm - 3:15pm				
	SPORTS HALL Pilates 5:15pm - 6:00pm	CYCLE STUDIO Studio Cycling Coach by Colour 5:15pm - 6:00pm	CYCLE STUDIO Studio Cycling Coach by Colour 5:30pm - 6:15pm	SPORTS HALL LES MILLS BODYCOMBAT EXP 6:00pm - 6:30pm	CYCLE STUDIO Studio Cycling Coach by Colour 5:15pm - 6:00pm		
	CYCLE STUDIO Studio Cycling Coach by Colour 5:30pm - 6:15pm	SPORTS HALL LES MILLS BODYCOMBAT 5:20pm - 6:05pm	SPORTS HALL LES MILLS BODYPUMP 6:00pm - 6:45pm	SPORTS HALL LES MILLS CORE 6:35pm - 7:05pm	STUDIO LES MILLS BODYBALANCE 6:10pm - 6:55pm		
	STUDIO LES MILLS BODYCOMBAT 5:50pm - 6:35pm	SPORTS HALL LES MILLS BODYBALANCE 6:15pm - 7:00pm	CYCLE STUDIO Studio Cycling Coach by Colour 7:00pm - 7:45pm	STUDIO clubbercise 6:40pm - 7:25pm			
	SPORTS HALL LES MILLS tone 6:15pm - 7:00pm	STUDIO Strength Development 6:15pm - 7:00pm		STUDIO Vinyasa Yoga 7:30pm - 8:15pm			
	STUDIO clubbercise 6:45pm - 7:30pm	STUDIO LES MILLS BODYPUMP 7:10pm - 7:55pm					
	CYCLE STUDIO Studio Cycling Coach by Colour 6:45pm - 7:30pm	SPORTS HALL DEKA 7:15pm - 8:00pm					
	SPORTS HALL LES MILLS BODYPUMP 7:15pm - 8:00pm						
	POOL ZUMBA 7:20pm - 8:05pm	STUDIO Pilates 8:05pm - 8:50pm					

♥ = Health Class
EXP = Express Class
🎮 = Virtual Class

