

GROUP FITNESS TIMETABLE

Holmfirth Pool & Fitness Centre / September 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

- STUDIO Pilates 8:00am - 8:45am
- STUDIO LESMILLS BODYPUMP 9:00am - 9:45am
- POOL Aqua Med 9:30am - 10:15am
- STUDIO Beginners Hatha Yoga 10:00am - 11:00am
- POOL Aqua Fit 10:30am - 11:15am
- STUDIO Intermediate Hatha Yoga 11:10am - 12:10pm

Tuesday

- STUDIO LESMILLS BODYPUMP 7:00am - 7:45am
- STUDIO Pilates 8:00am - 8:45am
- STUDIO LESMILLS BODYCOMBAT 9:30am - 10:15am
- STUDIO LESMILLS BODYBALANCE 10:30am - 11:15am
- STUDIO ZUMBA 11:30am - 12:15pm

Wednesday

- STUDIO LESMILLS BODYBALANCE 8:00am - 8:45am
- STUDIO Intermediate Yoga 9:15am - 10:15am
- STUDIO Aerotone 10:25am - 11:10am
- STUDIO Pilates 11:20am - 12:05pm

Thursday

- STUDIO Circuit 6:45am - 7:30am
- STUDIO Vinyasa Yoga 8:00am - 8:45am
- STUDIO LBT 9:15am - 10:00am
- POOL Aqua Med 9:30am - 10:15am
- STUDIO Hatha Yoga 10:15am - 11:15am
- POOL Aqua Fit 10:30am - 11:15am
- STUDIO ZUMBA 11:20am - 12:05pm

Friday

- STUDIO Intermediate Pilates 8:45am - 9:30am
- STUDIO LESMILLS BODYPUMP 9:45am - 10:30am
- STUDIO LESMILLS BODYBALANCE 10:40am - 11:25am
- STUDIO LESMILLS Shapes 11:35am - 12:20pm

Saturday

- STUDIO Pilates 8:30am - 9:15am
- STUDIO LESMILLS BODYSTEP 9:25am - 10:10am
- STUDIO LESMILLS BODYPUMP 10:20am - 11:05am
- STUDIO Hatha Yoga 11:15am - 12:00pm

Sunday

- STUDIO Circuit 9:15am - 10:00am
- STUDIO LESMILLS BODYPUMP 10:15am - 11:00am
- STUDIO LESMILLS BODYBALANCE 11:15am - 12:00pm

- STUDIO LESMILLS BODYSTEP 12:30pm - 1:15pm
- STUDIO Chair Pilates 1:30pm - 2:15pm
- POOL Aqua Med 1:30pm - 2:15pm
- STUDIO Chair Pilates 2:30pm - 3:15pm
- POOL Aqua Fit 2:30pm - 3:15pm

- STUDIO Beginner Pilates 12:35pm - 1:20pm
- STUDIO Hatha Yoga 1:30pm - 2:30pm

- STUDIO LESMILLS BODYPUMP 12:15pm - 1:00pm
- STUDIO Vinyasa Yoga 1:15pm - 2:15pm
- STUDIO Mature Movers 2:30pm - 3:15pm

- STUDIO LESMILLS BODYPUMP 12:30pm - 1:15pm
- STUDIO Pilates 1:25pm - 2:10pm
- STUDIO Barre 2:30pm - 3:15pm

- STUDIO Chair Pilates 12:30pm - 1:15pm
- STUDIO Pre & Post Natal Pilates 1:30pm - 2:15pm

- STUDIO HIIT Circuit 4:45pm - 5:15pm
- STUDIO LESMILLS BODYPUMP 5:30pm - 6:15pm
- STUDIO LESMILLS BODYCOMBAT 6:30pm - 7:15pm
- POOL Aqua Fit 7:20pm - 8:05pm
- STUDIO Ashtanga Yoga 7:30pm - 8:30pm

- STUDIO LESMILLS Shapes 4:30pm - 5:15pm
- STUDIO Ashtanga Yoga 5:30pm - 6:15pm
- STUDIO LESMILLS DANCE 6:25pm - 7:10pm
- STUDIO LESMILLS BODYBALANCE 7:20pm - 8:05pm

- STUDIO Pilates 4:30pm - 5:15pm
- STUDIO HIIT Circuit 5:30pm - 6:00pm
- STUDIO Strength Development 6:15pm - 7:00pm
- STUDIO LESMILLS Shapes 7:10pm - 7:55pm
- POOL Aqua Fit 7:20pm - 8:05pm

- STUDIO LESMILLS DANCE 5:15pm - 6:00pm
- STUDIO LESMILLS BODYPUMP 6:15pm - 7:00pm
- STUDIO LESMILLS BODYCOMBAT 7:15pm - 8:15pm

- STUDIO LESMILLS BODYSTEP 4:45pm - 5:30pm
- STUDIO Hatha Yoga 5:45pm - 6:30pm

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

