

Health & Wellbeing

Class Timetable

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING					
9:30am - 10:15am Aqua Med Pool	9:10am - 10:55am Aqua Med Pool	10:10am - 10:55am Next Steps for Cancer Studio 3	9:30am - 10:15am Aqua Med Pool	09:30am - 10:15am Wellbeing Circuit Studio 2	09:30am - 10:15am Health Circuit Studio
9:30am - 10:15am Chair Pilates Studio 2		10:35am - 11:20am Health Circuit Studio 1 & 2	10:50am - 11:35am Aqua Med Activity Pool	10:30am - 11:15am Aqua Med Pool	
11:30am - 12:15pm Tai Chi Studio 2		11:00am - 11:45am Aqua Med Pool	11:15am - 12:00pm Health Circuit Studio		
		11:05am - 11:50am Aqua Med Training Pool		11:15am - 12:00pm Stability & Balance Studio 3	
	11:30am - 12:15pm Chair Pilates Studio 3	11:30am - 12:15pm Clinical Pilates Studio 3		11:30am - 12:15pm Chair Pilates Studio 2	
11:50am - 12:35pm Aqua Med Activity Pool	12:00pm - 12:45pm Clinical Pilates Studio 1	11:45am - 12:30pm Chair Pilates Studio 2	11:30am - 12:15pm Clinical Pilates Studio 3		
AFTERNOON					
12:30pm - 1:15pm Aqua Med Training Pool		12:25pm - 1:10pm Aqua Med Pool	12:30pm - 1:15pm Zumba Gold Sports Hall	12:30pm - 1:15pm Chair Pilates Studio	Batley Sports & Tennis Centre
1:00pm - 1:45pm Wellbeing Circuit Studio 3		12:40pm - 1:25pm Aqua Med Activity Pool		12:45pm - 1:30pm Health Circuit Studio 1	Colne Valley Leisure Centre
1:15pm - 2:15pm Clinical Pilates Studio 2	1:00pm - 1:45pm Health Circuit Studio 3	1:00pm - 1:45pm Health Circuit Studio 1	1:00pm - 1:45pm Chair Pilates Studio	1:15pm - 2:00pm Clinical Pilates Studio 3	Huddersfield Leisure Centre
1:30pm - 2:15pm Chair Pilates Studio	1:00pm - 1:45pm Health Circuit Studio 1	1:00pm - 1:45pm Aqua Med Training Pool	1:15pm - 2:00pm Clinical Pilates Studio 2		Holmfirth Pool & Fitness Centre
1:30pm - 2:15pm Aqua Med Pool		2:30pm - 3:15pm Aqua Med Pool		1:45pm - 2:30pm Aqua Med Pool	Spen Valley Leisure Centre
2:15pm - 3:15pm Tai Chi Studio 1&2	1:45pm - 2:30pm Wellbeing Circuit Studio 2		2:15pm - 3:00pm Wellbeing Circuit Studio 2	1:45pm - 2:30pm Stability & Balance Studio 2	
2:30pm - 3:15pm Chair Pilates Studio	2:00pm - 3:00pm Tai Chi Studio 1			2:25pm - 3:10pm Aqua Med Training Pool	Scissett Baths & Fitness Centre
	2:45pm - 3:30pm Aqua Med Pool	5:15pm - 6:00pm Clinical Pilates Studio 2		2:45pm - 3:30pm Next Steps for Cancer Studio 2	