

GROUP FITNESS TIMETABLE

Batley Sports & Tennis Centre / September 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

STUDIO 1 Yoga 9:15am - 10:15am

STUDIO 2 Chair Pilates 9:30am - 10:15am

STUDIO 1 Aerotone 10:30am - 11:15am

STUDIO 1 Stretch 11:25am - 11:55am

STUDIO 2 Tai Chi 11:30am - 12:15pm

Tuesday

GYM DEKA 10:00am - 10:40am

STUDIO 1 Pilates 11:00am - 11:45am

Wednesday

STUDIO 1 Pilates 9:30am - 10:15am

STUDIO 1 Female Only Step 10:25am - 11:10am

POOL Aqua Fit 10:25am - 11:10am

GYM Functional Circuit 11:00am - 11:30am

STUDIO 1 Yoga 11:30am - 12:15pm

Thursday

STUDIO 2 LBT 9:30am - 10:15am

STUDIO 2 Mature Movers 10:45am - 11:30am

Friday

STUDIO 2 Wellbeing Circuit 09:30am - 10:15am

STUDIO 1 Yoga 9:30am - 10:15am

POOL Aqua ZUMBA 10:25am - 11:10am

STUDIO 2 ZUMBA 10:30am - 11:15am

STUDIO 1 Aerotone 10:30am - 11:15am

STUDIO 2 Chair Pilates 11:30am - 12:15pm

STUDIO 1 LBT 11:30am - 12:15pm

Saturday

STUDIO 1 LESMILLS BODYCOMBAT 8:15am - 9:00am

GYMNASIUM Kettlebells 9:10am - 9:55am

STUDIO 1 Female Only ZUMBA 9:15am - 10:00am

STUDIO 1 KAL Strength 10:10am - 10:55am

STUDIO 2 Yoga 10:15am - 11:15am

Sunday

GYM DEKA 9:15am - 9:55am

STUDIO 1 Yoga 9:30am - 10:15am

POOL Aqua Fit 10:15am - 11:00am

STUDIO 1 Clinical Pilates 12:00pm - 12:45pm

STUDIO 2 Female Only LBT 12:00pm - 12:45pm

POOL Aqua Fit 12:00pm - 12:45pm

STUDIO 1 Health Circuit 1:00pm - 1:45pm

POOL Aqua Med 2:45pm - 3:30pm

POOL Aqua Med 12:25pm - 1:10pm

STUDIO 2 Beginners Pilates 1:20pm - 2:20pm

GYM DEKA 5:15pm - 5:55pm

STUDIO 2 Yoga 5:45pm - 6:30pm

STUDIO 1 KAL Strength 6:00pm - 6:45pm

STUDIO 1 Pilates 6:55pm - 7:40pm

STUDIO 1 ZUMBA 5:55pm - 6:40pm

GYMNASIUM BOXFit 6:00pm - 6:45pm

STUDIO 1 Female Only ZUMBA 6:55pm - 7:40pm

SPORTS HALL DEKA 7:00pm - 7:45pm

GYM DEKA 5:30pm - 6:10pm

STUDIO 1 LESMILLS BODYCOMBAT 5:45pm - 6:30pm

STUDIO 1 Yoga 6:45pm - 7:30pm

POOL Aqua ZUMBA 7:10pm - 7:55pm

SPORTS HALL DEKA 5:45pm - 6:30pm

STUDIO 1 KAL Strength 5:45pm - 6:30pm

STUDIO 1 ChiChiFit 6:40pm - 7:25pm

HALF SPORTS HALL BOXFit 6:45pm - 7:30pm

STUDIO 2 Pilates 6:45pm - 7:45pm

♥ = Health Class
EXP = Express Class
🕒 Virtual Class

