




































# Monday

Time	Session	Location	Activity Type
6.45am - 7.45am	Spin	Studio	
9.45am – 10.45am	Legs, Bums & Tums	Sports Hall	 
11.15am - 12.15pm	Spin	Studio	
11.45am - 12.45pm	Total Stretch	Sports Hall	
1.15pm - 2.15pm	Yoga	Sports Hall	 
5.15pm - 6.15pm	Pump Max	Sports Hall	
5.45pm - 6.45pm	Spin	Studio	
6.45pm - 7.45pm	Boxfit	Sports Hall	
7.15pm - 8.15pm	Spin	Studio	
8.15pm - 9.15pm	Metafit	Sports Hall	











# Tuesday

Time	Session	Location	Activity Type
6.45am - 7.45am	Kettlebells	Sports Hall	
9.45am - 10.45am	Spin	Studio	
9.45am - 10.45pm	Yoga	Sports Hall	 
11.15am - 12.15pm	Spin	Studio	
11.15pm - 12.15pm	Pilates	Sports Hall	 
5.15pm - 6.15pm	Step	Sports Hall	
6.15pm - 7.15pm	Spin	Studio	
6.45pm - 7.45pm	Body Conditioning	Sports Hall	 
7.45pm - 8.45pm	Spin	Studio	
8.15pm - 9.15pm	Hiit	Sports Hall	











# Wednesday

Time	Session	Location	Activity Type
6.45am - 7.45am	Spin	Studio	
9.45am – 10.45am	Pump Max	Sports Hall	
11.15am - 12.15pm	Spin	Studio	
1.15pm - 2.15pm	Pilates	Sports Hall	 
5.15pm - 6.15pm	Step	Sports Hall	
6.45pm - 7.45pm	Kettlebells	Sports Hall	
7.45pm - 8.45pm	Spin	Studio	
8.15pm - 9.15pm	Yoga	Sports Hall	 






# Thursday

Time	Session	Location	Activity Type
6.45am - 7.45am	Spin	Studio	
10.15am - 11.15am	Functional Fitness	Sports Hall	
11.15am - 12.15pm	Spin	Studio	
5.15pm - 6.15pm	Total Stretch	Sports Hall	 
6.15pm - 7.15pm	Spin	Studio	
6.45pm - 7.45pm	Legs, Bums & Tums	Sports Hall	 
7.45pm - 8.45pm	Spin	Studio	
8.15pm – 9.15pm	Kettlebells	Sports Hall	




# Friday

Time	Session	Location	Activity Type
6.45am - 7.45am	Spin	Studio	
7.15am - 8.15am	Metapower	Sports Hall	
9.45am - 10.45am	Zumba	Sports Hall	 
10.15am - 11.15am	Spin	Studio	
11.15am - 12.15pm	Pilates	Sports Hall	 
5.15pm - 6.15pm	Step	Sports Hall	
6.45pm - 7.45pm	Legs, Bums & Tums	Sports Hall	 

# Saturday

Time	Session	Location	Activity Type
8.45am - 9.45am	Yoga	Sports Hall	 
9.45am - 10.45am	Spin	Studio	
11.15am - 12.15am	Drum and Bass combat	Sports Hall	
11.45am - 12.45pm	Spin	Studio	

# Sunday

Time	Session	Location	Activity Type
9.45am - 10.45am	Spin	Studio	
11.15am - 12.15am	Hiit	Sports Hall	
11.45am - 12.45pm	Spin	Studio	

# Group Exercise



**Cardio**



**Strength & Tone**



**Mind & Body**



**Water based**



**Full Body**



**Our Live Well-friendly classes are a nice, easy transition from the support you have received during your 12 free weeks. However, all classes are available to Live Well members.**

Please arrive five minutes before the class start time. If you arrive after the class start time your space may be offered to someone else. Participants' minimum age for all classes is 14 years and participants ages 14-15 years must be accompanied in the class by an adult.

This timetable is subject to change, for further information visit our website. In addition to the above timetable other activities are available including gymnastics, trampolining, badminton and table tennis. For more information enquire at reception or visit [www.leicester.gov.uk/activeleicester](http://www.leicester.gov.uk/activeleicester)