

Wakefield class timetable

Last updated: June
Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 - 07:00 Bootcamp Fitness Coach - Gym Floor	06:30 - 07:15 Spin Tanya - Spin Studio	06:30 - 07:15 HIIT Georgia - Studio 1	06:30 - 07:15 Spin: Coach by Colour Tanya - Spin Studio	06:30 - 07:00 Les Mills GRIT Adam - Studio 1	08:30 - 09:00 HIIT Laura - Studio 1
09:00 - 10:00 Pilates Alison - Mind & Body	08:30 - 09:00 Stretch Laura - Mind & Body	09:15 - 10:00 Spin Georgia - Spin studio	09:15 - 10:15 Yoga: Vinyasa Flow Julia S - Mind & Body	06:30 - 07:00 Bootcamp Fitness Coach - Gym Floor	09:15 - 10:00 Spin Laura - Spin Studio
09:10 - 09:55 L.B.T Christie - Studio 1	09:15 - 10:15 Pilates Laura - Mind & Body	10:00 - 10:55 Pilates Julia D - Mind & Body	09:30 - 10:15 L.B.T Georgia - Studio 1	07:15 - 07:45 Core Adam - Studio 1	10:00 - 11:00 Yoga: Iyengar Francis - Mind & Body
10:15 - 11:15 Pilates Alison - Studio 1	9:30 - 10:00 Les Mills GRIT Jamie Lee - Studio 1	10:15 - 11:00 Young At Heart Fitness Coach - Studio 1	10:30 - 11:00 Bootcamp Fitness Coach - Gym Floor	09:30 - 10:15 Les Mills Body Combat Adam - Studio 1	10:15 - 11:15 Les Mills Body Pump Matthias - Studio 1
11:15 - 12:00 Young At Heart Fitness Coach - Studio 1	10:15 - 11:00 Les Mills Body Pump Rachel - Studio 1	11:00 - 12:00 Pilates Julia D - Mind & Body	10:30 - 11:15 Zumba Tracy - Studio 1	10:10 - 11:00 Aqua Tracy - Small Pool	
11:30 - 12:00 Stretch Beverley - Mind & Body	10:30 - 11:00 Bootcamp Fitness Coach - Gym Floor	11:30 - 12:10 Aqua Chloe - Small Pool	11:30 - 12:10 Aqua Tracy - Small pool	10:30 - 12:00 Tai Chi Richard - Mind & Body	
11:30 - 12:10 Aqua Chloe - Small Pool	10:30 - 11:30 Yoga: Vinyasa Flow Karolina - Mind & Body	12:20 - 13:00 Aqua Chloe - Small Pool	12:20 - 13:00 Aqua Zumba Tracy - Small Pool	10:30 - 11:30 Les Mills Body Pump Adam - Studio 1	
12:20 - 13:00 Aqua Chloe - Small Pool	10:30 - 11:10 Aqua Laura - Small Pool	17:00 - 18:00 Strength & Conditioning Fitness Coach - Gym Floor	18:00 - 18:45 Les Mills Body Combat Matthias - Studio1	11:00 - 11:40 Aqua Zumba Tracy - Small Pool	09:00 - 10:00 Les Mills Body Combat Rachel - Studio 1
17:00 - 18:00 Strength & Conditioning Fitness Coach - Gym Floor	11:20 - 12:00 Aqua Laura - Small Pool	17:30 - 18:00 Step Tracy - Studio 1	18:00 - 19:00 Yoga: Vinyasa Flow Lucy - Mind & Body	12:00 - 12:45 Young At Heart Fitness Coach - Studio 1	09:15 - 10:00 Spin: Coach by Colour Tanya - Spin Studio
17:30 - 18:15 Spin Georgia - Spin Studio	17:00 - 18:00 Pilates Laura - Mind & Body	18:00 - 19:00 Yoga: Iyengar Francis - Mind & Body	18:15 - 18:45 Bootcamp Fitness Coach - Gym Floor	17:30 - 18:00 Bootcamp Fitness Coach - Gym Floor	10:15 - 11:00 Les Mills Body Pump Sarah - Studio 1
18:00 - 19:00 Pilates Charlie - Mind & Body	18:15 - 18:45 Bootcamp Fitness Coach - Gym Floor	18:15 - 18:45 Bootcamp Fitness Coach - Gym Floor	19:00 - 19:40 Aqua Tracy - Small Pool	18:00 - 19:00 Yoga: Vinyasa Flow David - Mind & Body	
18:15 - 18:45 Bootcamp Fitness Coach - Gym Floor	18:15 - 19:15 Yoga: Ashtanga Julia S - Mind & Body	18:15 - 19:00 Spin: Coach by Colour Tanya - Spin Studio	19:00 - 19:45 Les Mills Body Pump Matthias - Studio 1		
18:30 - 19:00 Body Step Matthias - Studio 1	18:30 - 19:15 Spin: Coach by Colour Tanya - Spin Studio	18:15 - 19:00 Zumba Tracy - Studio 1			
19:15 - 20:00 Les Mills Body Pump Matthias - Studio 1	19:00 - 20:00 Les Mills Body Combat Adam - Studio 1	19:15 - 20:15 Les Mills Body Pump Rachel - Studio 1			
19:15 - 20:15 Les Mills Body Balance Jamie Lee - Mind & Body					