**Monday**

Headingley Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| PowerBLAST | 08:00-8:30 | Gym 2, Carnegie Sports Centre |
| CardioBLAST | 13:20-14:00 | Squash Courts, Carnegie Sports Centre |
| Spin | 17:00- 17:45 | CRI Hall, Carnegie Sports Centre |
| Pilates | 17:00-18:00 | Beckett Studio 1, Carnegie Sports Centre |
| Circuits | 18:00-20:00 | Green Hall, Carnegie Sports Centre |
| KettleFIT | 18:00-18:45 | Gym 2, Carnegie Sports Centre |
| Kung Fu | 19:00-21:00 | Gym 2, Carnegie Sports Centre |

City Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| Pilates | 13:30-14:30 | Studio, Fitness Suite, City Campus |
| Spin | 17:00-17:45 | Studio, Fitness Suite, City Campus |

**Tuesday**

Headingley Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| CardioBLAST | 07:45-08:30 | Gym 2, Carnegie Sports Centre |
| Beckett Bootcamp | 13:20-13:50 | Meet at Carnegie Sports Centre Reception |
| Yoga | 17:00-18:00 | Beckett Studio 1, Carnegie Sports Centre |
| Spin | 18:00-18:45 | CRI Hall, Carnegie Sports Centre |
| Body Tone | 19:00-20:00 | Gym 2, Carnegie Sports Centre |

City Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| CardioBLAST | 13:00-13.40 | Studio, Fitness Suite, City Campus |
| Spin | 17:00-17:45 | Studio, Fitness Suite, City Campus |
| Beckett Bootcamp | 18:00-18:30 | Studio, Fitness Suite, City Campus |

**Wednesday**

Headingley Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| Spin | 07:45-08:30 | CRI Hall, Carnegie Sports Centre |
| Taekwondo  | 16:00-17:00 | Gym 2, Carnegie Sports Centre |
| Body Tone | 17:00-18:00 | Gym 2, Carnegie Sports Centre |
| Spin  | 17:00 – 18:00 | CRI Hall, Carnegie Sports Centre |
| Plyometrics | 18:00-19:00 | Gym 2, Carnegie Sports Centre |
| Spin  | 18:00 – 19:00 | CRI Hall, Carnegie Sports Centre |
| Running Club | 18:00-19:00 | Meet at Carnegie Sports Centre Reception |
| Krav Maga | 20:00-22:00 | Gym 2, Carnegie Sports Centre |

City Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| Yoga | 12:00-13:00 | Studio, Fitness Suite, City Campus |
| Body Tone | 17:00-18:00 | Studio, Fitness Suite, City Campus |
| Spin | 18:00-18:45 | Studio, Fitness Suite, City Campus |

**Thursday**

Headingley Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| CardioBLAST | 13:20-14:00 | Squash Courts, Carnegie Sports Centre |
| Spin | 17:00-17:45 | CRI Hall, Carnegie Sports Centre |
| Zumba | 17:00-18:00 | Beckett Studio 1, Carnegie Sports Centre |
| Box Fit  | 18:00 – 19:00 | Gym 2, Carnegie Sports Centre |

City Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| CardioBLAST | 17:00-17:40 | Studio, Fitness Suite, City Campus |
| Kung Fu | 18:00-20:00 | Studio, Fitness Suite, City Campus |

**Friday**

Headingley Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| Spin | 07:45-08:30 | CRI Hall, Carnegie Sports Centre |
| Karate | 17:00 – 19:00 | Gym 2, Carnegie Sports Centre |

City Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| PowerBLAST  | 12:30-13:00 | Studio, Fitness Suite, City Campus |
| Yoga | 13:00 – 14:00 | Studio, Fitness Suite, City Campus |

**Saturday**

Headingley Campus

|  |  |  |
| --- | --- | --- |
| CLASS | TIME | FACILITY |
| Karate  | 12:00-14:00 | Gym 2, Carnegie Sports Centre |

**Class Information**

* Classes run during term time from:

Monday 26th September to Friday 26 May 2017.

* Some classes may incur additional charges to the standard entry policy.
* A change to non-marking footwear is essential.
* The class timetable may be subject to change.
* Please inform the instructor of any medical condition prior to the class commencing.
* Arrive early as late admission will not be accepted.
* Once the class has reached capacity, no further entry will be allowed.
* Attendance is on a first come first served basis, so no pre-booking is allowed.
* You must present your receipt from reception to the class instructor. No receipt means no entry.

For more information, please contact or visit:

**Craig Robinson**

Student Sport Coodinator

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Email: Craig.robinson@leedsbeckett.ac.uk

The Sports Office at Carnegie Sports Centre Reception, Headingley Campus