

FITNESS CLASS TIMETABLE

HEADINGLEY CAMPUS

MONDAY

CLASS	TIME	FACILITY
Les Mills BodyPUMP	07:30 08:00	Gym 2 Carnegie Sports Centre
Les Mills BodyCOMBAT	08:15 09:00	Gym 2 Carnegie Sports Centre
Les Mills BodyCOMBAT	17:00 17:30	Gym 2 Carnegie Sports Centre
Studio Cycling	17:15 18:00	CRI Hall Carnegie Sports Centre
Les Mills BodyPUMP	17:30 18:15	Gym 2 Carnegie Sports Centre
Vinyasa Flow Yoga	18:00 19:00	Dance Studio 2 Carnegie Sports Centre
Les Mills SH'BAM	18:30 19:15	Gym 2 Carnegie Sports Centre
Les Mills GRIT Strength	19:30 20:00	Gym 2 Carnegie Sports Centre
Les Mills GRIT Plyo	20:00 20:30	Gym 2 Carnegie Sports Centre

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TUESDAY

CLASS	TIME	FACILITY
Les Mills BodyPUMP	07:45 08:30	Gym 2 Carnegie Sports Centre
Les Mills BodyPUMP	17:00 17:45	Gym 2 Carnegie Sports Centre
Ashtanga Yoga	18:00 19:00	Dance Studio 2 Carnegie Sports Centre
Circuit Training	18:00 18:45	Gym 2 Carnegie Sports Centre
Studio Cycling	18:00 18:45	CRI Hall Carnegie Sports Centre
ABSolution	19:00 19:30	Gym 2 Carnegie Sports Centre
Plyo HIIT Circuit	19:30 20:00	Gym 2 Carnegie Sports Centre

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WEDNESDAY

CLASS	TIME	FACILITY
Studio	07:45	CRI Hall
Cycling	08:30	Carnegie Sports Centre
Les Mills	17:00	Gym 2
GRIT Strength	17:30	Carnegie Sports Centre
Studio	17:15	CRI Hall
Cycling	18:00	Carnegie Sports Centre
Les Mills	17:30	Gym 2
BodyCOMBAT	18:15	Carnegie Sports Centre
Les Mills	18:30	Gym 2
BodyPUMP	19:15	Carnegie Sports Centre

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THURSDAY

CLASS	TIME	FACILITY
Les Mills BodyATTACK	07:30 08:15	CRI Hall Carnegie Sports Centre
Les Mills GRIT Strength	08:15 08:45	CRI Hall Carnegie Sports Centre
Studio Cycling	17:15 18:00	CRI Hall Carnegie Sports Centre
HIIT	17:30 18:00	Gym 2 Carnegie Sports Centre
Zumba	18:00 19:00	Gym 2 Carnegie Sports Centre
Pilates	18:00 19:00	Dance Studio 2 Carnegie Sports Centre
Les Mills BodyCOMBAT	19:00 19:45	Gym 2 Carnegie Sports Centre
Les Mills BodyPUMP	20:00 20:30	Gym 2 Carnegie Sports Centre

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FRIDAY

CLASS	TIME	FACILITY
Les Mills BodyCOMBAT	07:30 08:00	Gym 2 Carnegie Sports Centre
Les Mills BodyPUMP	08:15 08:45	Gym 2 Carnegie Sports Centre
Les Mills GRIT Cardio	17:00 17:30	Gym 2 Carnegie Sports Centre
Rocket Vinyasa Yoga	17:00 18:00	CRI Hall Carnegie Sports Centre
Les Mills GRIT Strength	17:30 18:00	Gym 2 Carnegie Sports Centre
Dance Bounce Fit	18:00 18:45	Gym 2 Carnegie Sports Centre
Pilates	18:00 19:00	Dance Studio 2 Carnegie Sports Centre
Les Mills BodyCOMBAT	19:00 19:45	Gym 2 Carnegie Sports Centre
Les Mills BodyPUMP	20:00 20:30	Gym 2 Carnegie Sports Centre

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SATURDAY

CLASS	TIME	FACILITY
Studio	10:00	CRI Hall
Cycling	10:45	Carnegie Sports Centre
Les Mills	11:00	Gym 2
BodyCOMBAT	11:45	Carnegie Sports Centre

SUNDAY

CLASS	TIME	FACILITY
Studio	10:00	CRI Hall
Cycling	10:45	Carnegie Sports Centre
Les Mills	11:00	Gym 2
BodyPUMP	11:45	Carnegie Sports Centre

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Fitness Class Information

- Classes run during term time.
- 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.
- You must present your receipt from reception to the class instructor. No receipt means no entry.

Fitness Class Booking Policy

Never miss your favourite class! You can now schedule your fitness classes for 7 days in advance so you have your week of workouts organised ahead of time.

Member Booking Process

- Bookings can be made seven days in advance of the class.
- Classes can be booked by telephone or at sports centre reception.
- When attending your booked session please visit reception to confirm your arrival.
- If a class is not cancelled (no show) or cancelled with less than 24 hours notice for 2 times or more in any 1 month period, the member will lose their advance booking rights for a period of one month.

Non-member Booking Process

- Bookings can be made 7 days in advance of the class.
- Classes can be booked by telephone or at sports centre reception and payment will be taken at the time of booking.
- If a booking needs to be cancelled a minimum of 24 hours notice should be given and you will be required to select an alternative class.
- If a class is not cancelled (no show) or cancelled with less than 24 hours, the customer will lose the option to select an alternative class and no refund will be given.