

EASTER HOLIDAYS REDUCED FITNESS TIMETABLE WEEK 1

MONDAY 25TH MARCH

BODY BURN

12:30-1:00PM
BECKETT STUDIO

BODY BLAST

5:30-6:30PM
BECKETT STUDIO

BodyFit - WEIGHTLIFTING WITH FALLON

7:30-8:30PM
PERFORMANCE
GYM (CRI)

BodyFit - CONDITIONING WITH FALLON

8:30-9:30PM
PERFORMANCE
GYM (CRI)

TUESDAY 26TH MARCH

BODY BLAST

12:30-1:30PM
BECKETT STUDIO

BODY BURN

5:30-6:00PM
BECKETT STUDIO

WEDNESDAY 27TH MARCH

WOMENS LIFT WITH FALLON

1:00-2:00PM
PERFORMANCE GYM
(CRI)

BODY BLAST

5:30-6:30PM
BECKETT STUDIO

SPIN CLASS

5:30-6:30PM
FITNESS STUDIO 2

ZUMBA

6:00-7:00PM
GYM 2

BodyFit - WEIGHTLIFTING WITH FALLON

6:00-7:30PM
PERFORMANCE
GYM (CRI)

BodyFit - CONDITIONING WITH FALLON

7:30-8:30PM
PERFORMANCE
GYM (CRI)

THURSDAY 28TH MARCH

BODY BEND

12:30-1:30PM
FITNESS STUDIO
3

BODY BURN

5:30-6:00PM
BECKETT STUDIO

FRIDAY 29TH MARCH

No Classes

SATURDAY 30TH MARCH

No Classes

SUNDAY 31ST MARCH

No Classes

Yoga classes at City Gym will run as normal!
All other classes return as normal from Monday 8th April 2024.
Thankyou!



LEEDS BECKETT UNIVERSITY
SPORT & ACTIVE
LIFESTYLES



EASTER HOLIDAYS REDUCED FITNESS TIMETABLE WEEK 2

**MONDAY
1ST APRIL**

No Classes

**TUESDAY
2ND APRIL**

BODY BLAST
12:30-1:30PM
BECKETT STUDIO

BODY BURN
5:30-6:00PM
BECKETT STUDIO

**WEDNESDAY
3RD APRIL**

**WOMENS LIFT
WITH FALLON**
1.00-2.00PM
PERFORMANCE
GYM (CRI)

BODY BLAST
5:30-6:30PM
BECKETT STUDIO

SPIN CLASS
5:30-6:30PM
FITNESS STUDIO 2

ZUMBA
6.00-7.00PM
GYM 2

**BodyFit -
WEIGHTLIFTING
WITH FALLON**
6.00-7:30PM
PERFORMANCE
GYM (CRI)

**BodyFit -
CONDITIONING
WITH FALLON**
7:30-8:30PM
PERFORMANCE
GYM (CRI)

**THURSDAY
4TH APRIL**

BODY BEND
12:30-1:30PM
FITNESS STUDIO
3

BODY BURN
5:30-6.00PM
BECKETT STUDIO

**FRIDAY
5TH APRIL**

BODY BURN
12:30-1:00PM
BECKETT STUDIO

BODY BLAST
5:30-6:30PM
BECKETT STUDIO

**SATURDAY
6TH APRIL**

BODY BURN
10.00-10:30AM
BECKETT STUDIO

BODY BEND
11.00 - 12.00PM
FITNESS STUDIO 3

**SUNDAY
7TH APRIL**

No Classes

Yoga classes at City Gym will run as normal!
All other classes return as normal from Monday 8th April 2024.
Thankyou!



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