THURSDAY

STRETCH & MOBILITY
12:00 - 12:45
STUDIO 3

WEDNESDAY

WOMENS STRENGTH TRAINING
13:00 - 14:00
PERFORMANCE GYM

PILATES
17:15 - 18:15
STUDIO 3

STUDIO CYCLING
17:30 - 18:15
GYM 2

ZUMBA
18:00 - 19:00
STUDIO 2

STRENGTH WITH FALLON
18:00 - 19:30
PERFORMANCE GYM

CONDITIONING
19:30 - 20:30
PERFORMANCE GYM

FRIDAY

ASHTANGA YOGA
17:30 - 18:30
STUDIO 3

BECKETT BARBELL
18:00 - 19:30
PERFORMANCE GYM

MONDAY

STRENGTH WITH FALLON
19:30 - 20:30
PERFORMANCE GYM

CONDITIONING
20:30 - 21:30
PERFORMANCE GYM

TUESDAY

BECKETT BARBELL
19:00 - 20:30
PERFORMANCE GYM

CONDITIONING
20:30 - 21:30
PERFORMANCE GYM

THURSDAY

STRETCH & MOBILITY
12:00 - 12:45
STUDIO 3

THURSDAY

STRETCH & MOBILITY
12:00 - 12:45
STUDIO 3

TUESDAY

BECKETT BARBELL
19:00 - 20:30
PERFORMANCE GYM

TUESDAY

BECKETT BARBELL
19:30 - 20:30
PERFORMANCE GYM

MONDAY

CONDITIONING
20:30 - 21:30
PERFORMANCE GYM

MONDAY

CONDITIONING
20:30 - 21:30
PERFORMANCE GYM

Keep up to date with us on social media for offers, promotions and any changes to the fitness timetable!
CITY FITNESS TIMETABLE

***commencing June 5th

MONDAY
OPEN 07:00-13:00

TUESDAY
OPEN 12:00-18:00

WEDNESDAY
OPEN 07:00-13:00

THURSDAY
OPEN 12:00-18:00

FRIDAY
OPEN 07:00-13:00

RESTORATIVE YOGA
12:30-13:30
STUDIO

BREATHE MEDITATION
12:00 - 13:00
STUDIO

ASHTANGA YOGA
12:30-13:30
STUDIO

Keep up to date with us on social media for offers, promotions and any changes to the fitness timetable!

LEEDS BECKETT UNIVERSITY

OPEN 07:00-13:00
OPEN 12:00-18:00
OPEN 07:00-13:00
OPEN 12:00-18:00
**SUMMER FITNESS TIMETABLE**

**STRENGTH WITH FALLON**
A form of strength training suited to enhancing absolute strength and technique. The weightlifting sessions will be based on developing fundamental skill of Olympic weightlifting movements, involving the clean and snatch, which will be beneficial for the conditioning sessions.

**CONDITIONING**
High-intensity interval training comprising of functional anaerobic and aerobic movements designed to enhance strength and fitness. All conditioning sessions are suited to all abilities and will enable you to gain the confidence and technique to push your fitness potential.

**STUDIO CYCLING**
Indoor cycling, often called spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary exercise bicycle.

**BECKETT BARBELL**
Whether you are a seasoned weightlifter or beginner powerlifter, this club is for you. Come train with like-minded individuals who share your passion for strength sports and become a part of the Beckett strength community. The club is launching on February 14th and will run on Tuesdays and Thursdays from 7-8:30pm, and Fridays from 6-7:30pm. The club is open to anyone with an Active Beckett/Athletic Union membership.

**WOMENS STRENGTH TRAINING**
This hour session will introduce you to the fundamental skill of strength training movements to enable you to gain the confidence and the physical skill to independently progress safely and effectively. The session will consist of some of the compound lifts primarily performed in strength training, involving the squat and deadlift. The session will also consist of accessory work following the performance of the squat and deadlift, involving core stability, balance and coordination movements.

**ZUMBA**
A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness.

**STRETCH & MOBILITY**
This class focuses on range of movement through the joints. Improving joint pain, improving posture and balance. We focus on the elasticity of the joints making us stronger and less injury prone. Increasing your flexibility allows for greater movement in your body so you are able to perform better physically. Please be aware this class is not yoga or pilates. It is flexibility and range of movement focused.

**PILATES**
A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

**ASHTANGA YOGA**
A type of yoga based on eight principles and consisting of a series of poses executed in swift succession, combined with deep, controlled breathing.