

# Knaresborough Leisure and Wellness Centre

## Studio timetable



Pre book classes via the app

■ Energy

■ Mind and body

### Monday

<b>Les Mills The Trip</b>	<b>HIIT</b>	<b>Stretch and Flex</b>	<b>Pilates</b>	<b>Group cycle</b>	<b>Les Mills Body Pump</b>	<b>Les Mills Core</b>	<b>Les Mills Sprint</b>
6.30 - 7.15am Cycle Studio	7 - 7.45am Studio	8.30 - 9.15am Studio	9.30 - 10.15am Studio	9.30 - 10.15am Cycle Studio	10.30 - 11.15am Studio	11.30 - 12 noon Studio	11.30 - 12 noon Cycle Studio
<b>Les Mills Body Balance</b>	<b>Yoga Flow</b>	<b>Circuits</b>	<b>Pilates</b>	<b>Les Mills The Trip</b>	<b>Power Yoga</b>	<b>Big Strong Girls Club</b>	
12.15 - 1pm Studio	2 - 2.45pm Cycle Studio	5.30 - 6.15pm Studio	6.30 - 7.15pm Studio	6.30 - 7.15pm Cycle Studio	7.30 - 8.15pm Studio	7.30 - 8.15pm Gym Floor	

### Tuesday

<b>Vinyasa Yoga</b>	<b>Les Mills The Trip</b>	<b>Les Mills Body Pump</b>	<b>Zumba</b>	<b>Les Mills The Trip</b>	<b>Hips, Bums and Tums</b>	<b>Group cycle</b>	<b>Pilates</b>
6.30 - 7.20am Studio	6.30 - 7.15am Cycle Studio	9.30 - 10.15am Cycle Studio	10.30 - 11.15am Studio	10.30 - 11.15am Cycle Studio	11.30 - 12.15pm Studio	12.30 - 1.15pm Cycle Studio	12.45 - 1.30pm Studio
<b>Beginners Pilates</b>	<b>Pilates</b>	<b>Step</b>	<b>Les Mills Body Pump</b>	<b>Les Mills The Trip Virtual</b>	<b>Yoga Flow</b>		
1.40 - 2.25pm Studio	4 - 4.45pm Studio	5.30 - 6.15pm Studio	6.30 - 7.15pm Studio	6.30 - 7.15pm Cycle Studio	7.30 - 8.15pm Studio		

# Wednesday

<b>Les Mills The Trip Virtual</b>	<b>Les Mills Body Balance</b>	<b>Total Gym Reformer</b>	<b>Total Gym Reformer</b>	<b>Group Cycle</b>	<b>Les Mills Body Pump</b>	<b>Hips, Bums and Tums</b>
6.30 - 7.15am Cycle Studio	6.30 - 7.15am Studio	8.30 - 9.15am Studio	9.30 - 10.15am Studio	9.30 - 10.15am Studio	10.30 - 11.15am Studio	11.30 - 12.15pm Studio
<b>Pilates</b>	<b>Fit4Function</b>	<b>Les Mills Body Attack</b>	<b>Les Mills The Trip</b>	<b>Les Mills Body Pump</b>	<b>Les Mills Body Balance</b>	<b>Big Strong Girls Club</b>
1 - 1.45pm Studio	2 - 2.45pm Studio	5.30 - 6.15pm Studio	6.30 - 7.15pm Cycle Studio	6.30 - 7.15pm Studio	7.30 - 8.15pm Studio	7.30 - 8.15pm Gym Floor

# Thursday

<b>Les Mills The Trip</b>	<b>Vinyasa Yoga</b>	<b>Clubbercise</b>	<b>Les Mills The Trip</b>	<b>Body Step</b>	<b>Group Cycle</b>	<b>Les Mills Body Balance</b>	<b>Hips, Bums and Tums</b>
6.30 - 7.15am Cycle Studio	8 - 8.45am Studio	9.30 - 10.15am Studio	9.30 - 10.15am Cycle Studio	10.30 - 11.15am Studio	10.30 - 11.15am Cycle Studio	11.30 - 12.15pm Studio	12.45 - 1.30pm Studio
<b>Pilates</b>	<b>Pilates</b>	<b>Les Mills The Trip</b>	<b>Les Mills Body Combat</b>	<b>Les Mills Body Pump</b>			
1.35 - 2.20pm Studio	5.30 - 6.15pm Studio	6.30 - 7.15pm Cycle Studio	6.30 - 7.15pm Studio	7.30 - 8.15pm Studio			

# Friday

<b>Les Mills The Trip</b> 6.30 - 7.15am Cycle Studio	<b>Yoga</b> 7 - 7.45am Studio	<b>Les Mills Body Combat</b> 9.30 - 10.15am Studio	<b>Les Mills The Trip</b> 9.30 - 10.15am Cycle Studio	<b>Pilates</b> 10.30 - 11.15am Studio	<b>Les Mills Sprint</b> 11.30 - 12 noon Cycle Studio	<b>Les Mills Body Attack</b> 11.15 - 12 noon Studio	<b>Les Mills Body Pump</b> 12.15 - 1pm Studio
<b>Les Mills Body Balance</b> 1.15 - 2pm Studio	<b>Bootcamp</b> 5 - 5.45pm Studio	<b>Les Mills The Trip</b> 6 - 6.45pm Cycle Studio	<b>Step</b> 4 - 4.45pm Studio	<b>Body Combat</b> 6 - 6.45pm Studio	<b>Big Strong Girls Club</b> 7 - 7.45pm Studio		

# Saturday

<b>Pilates</b> 8.30 - 9.15am Studio	<b>Les Mills The Trip</b> 8.30 - 9.15am Studio	<b>Les Mills Body Pump</b> 9.30 - 10.15am Studio	<b>Les Mills The Trip (virtual)</b> 10 - 10.45am Cycle Studio	<b>Circuits</b> 11 - 11.45am Studio
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# Sunday

<b>Circuits</b> 9 - 9.45am Studio	<b>Les Mills Body Balance</b> 10 - 10.45am Studio	<b>Les Mills The Trip</b> 10 - 10.45am Cycle Studio	<b>Les Mills Body Pump</b> 11 - 11.45am Studio	<b>Les Mills The Trip</b> 5 - 5.45pm Cycle Studio
<b>Les Mills Body Balance</b> 5.15 - 6pm Studio	<b>1 Minute HIIT</b> 6.30 - 7.15pm Studio			

