

Meadows Leisure Centre

Mon to Fri: 6.30am - 10.00pm
Sat & Sun: 8.00am - 5.00pm

Timetables subject to change
Commences on 15.01.24

activefitness

MONDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:15	Les Mills Sprint	Cycle Studio
V	06:45-07:30	Les Mills Bodypump	Studio 1
V	07:45-08:30	Les Mills Bodycombat (Y)	Studio 1
V	08:15-08:45	Les Mills Sprint	Cycle Studio
	09:15-10:15	Les Mills Bodypump	Studio 1
	10:30-11:15	Les Mills RPM	Cycle Studio
	11:00-11:45	Yoga	Studio 1
V	11:30-12:15	Les Mills The Trip	Cycle Studio
	12:15-13:00	Aqua Fit	Main Pool
V	12:30-13:30	Les Mills Bodypump	Studio 1
	14:00-15:00	Pilates	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
	17:00-18:00	Zumba	Studio 1
	18:00-18:30	Spinning	Cycle Studio
	18:10-18:55	Les Mills Bodycombat	Studio 1
	19:00-19:45	Les Mills Bodypump	Studio 1
V	19:15-19:45	Les Mills Sprint	Cycle Studio
V	20:00-20:45	Les Mills The Trip	Cycle Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM (Y)	Cycle Studio
V	06:45-07:30	Les Mills Bodybalance (Y)	Studio 1
V	07:45-08:15	Les Mills CORE	Studio 1
V	08:15-08:45	Les Mills Sprint	Cycle Studio
	09:30-10:30	Les Mills Bodypump	Studio 1
V	10:30-11:00	Les Mills Sprint	Cycle Studio
	10:40-11:10	Abs & Core	Studio 1
	11:15-12:15	Zumba	Studio 1
V	12:15-13:00	Les Mills RPM	Cycle Studio
V	12:30-13:30	Les Mills Bodycombat	Studio 1
V	16:00-16:30	Les Mills CORE (Y)	Studio 1
V	16:00-16:45	Les Mills The Trip (Y)	Cycle Studio
	17:30-18:15	Strength and Conditioning	Studio 1
	18:15-19:00	Legs, Bums & Tums	Studio 1
	19:30-20:30	Pilates	Studio 1
V	19:35-20:05	Les Mills Sprint	Cycle Studio
	20:00-20:45	Aqua Fit	Main Pool
V	20:15-21:00	Les Mills RPM	Cycle Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:15	Les Mills Sprint	Cycle Studio
V	06:45-07:30	Les Mills Bodybalance (Y)	Studio 1
V	07:45-08:30	Les Mills The Trip	Cycle Studio
V	08:00-09:00	Les Mills Bodypump	Studio 1
	09:15-10:00	Spinning	Cycle Studio
	09:30-10:30	Cardio Attack	Studio 1
	10:30-11:15	Zumba	Studio 1
V	11:00-11:30	Les Mills Sprint	Cycle Studio
	11:20-12:15	Bodysculpt	Studio 1
V	12:15-13:00	Les Mills RPM	Cycle Studio
V	16:00-16:30	Les Mills Bodycombat (Y)	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
	17:15-17:45	Les Mills Sprint	Cycle Studio
	18:00-18:30	Les Mills Grit	Studio 1
	18:45-19:45	Les Mills Bodypump	Studio 1
V	20:00-20:45	Les Mills RPM	Cycle Studio
	20:00-21:00	Yoga	Studio 1

LesMills Virtual Classes All virtual classes are unmanned virtually instructed sessions. booking for these classes is as normal. Virtual classes may require some equipment - participants are required to collect and return all kit to the correct place following classes. Booking is compulsory for all classes. Classes can be booked up to seven days in advance. Classes may change. (Y) = Youth Applicable

THURSDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills The Trip (Y)	Cycle Studio
	07:00-08:00	Yoga	Studio 1
V	07:45-08:30	Les Mills RPM	Cycle Studio
	09:15-10:15	Les Mills Bodypump	Studio 1
V	09:30-10:15	Les Mills RPM	Cycle Studio
	10:30-11:30	Pilates	Studio 1
	10:30-11:15	Spinning	Cycle Studio
	11:30-12:30	Zumba	Studio 1
V	12:15-13:00	Les Mills The Trip	Cycle Studio
	12:15-13:00	Aqua Fit	Main Pool
V	16:00-16:45	Les Mills CORE (Y)	Studio 1
V	16:00-16:45	Les Mills The Trip (Y)	Cycle Studio
	17:45-18:15	Les Mills Sprint	Cycle Studio
	18:20-18:50	Les Mills Grit	Studio 1
V	19:00-19:45	Les Mills RPM	Cycle Studio
	19:00-20:00	Tai Chi	Studio 1

FRIDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM (Y)	Cycle Studio
V	06:45-07:30	Les Mills Bodypump	Studio 1
V	07:45-08:15	Les Mills Sprint	Cycle Studio
V	08:00-08:45	Les Mills Bodycombat (Y)	Studio 1
	09:15-10:05	Bodyblast	Studio 1
	10:15-11:00	Spinning	Cycle Studio
	10:15-11:05	Zumba	Studio 1
	11:15-12:15	Tai Chi	Studio 1
V	12:15-13:00	Les Mills The Trip	Cycle Studio
	12:15-13:15	Tai Chi	Studio 1
	14:30-15:30	Dance Fit *	Studio 1
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
	17:00-18:00	Pilates	Studio 1
	17:30-18:15	Spinning	Cycle Studio
	18:05-18:50	Strength & Conditioning	Studio 1
	19:00-20:00	Yoga/ Relaxation	Studio 1
V	19:15-20:00	Les Mills RPM	Cycle Studio

* These are privately run session and carry an additional charge

SATURDAY

	TIME	ACTIVITY	LOCATION
	08:30-09:00	HIIT	Studio 1
V	09:15-09:45	Les Mills Sprint	Cycle Studio
	09:15-10:15	Baby Ballet *	Studio 1
V	10:15-11:00	Les Mills RPM (Y)	Cycle Studio
	10:15-11:15	Tai Chi	Studio 1
V	11:30-12:15	Les Mills The Trip	Cycle Studio
V	11:30-12:30	Les Mills Bodypump	Studio 1
V	12:45-13:45	Les Mills Bodycombat (Y)	Studio 1
V	13:00-13:30	Les Mills Sprint	Cycle Studio
V	14:00-14:45	Les Mills RPM (Y)	Cycle Studio
V	14:00-15:00	Les Mills Bodybalance (Y)	Studio 1

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SUNDAY

	TIME	ACTIVITY	LOCATION
V	08:45-09:45	Les Mills Bodycombat (Y)	Studio 1
V	09:15-09:45	Les Mills Sprint	Cycle Studio
V	10:00-11:00	Les Mills Bodypump	Studio 1
V	11:15-12:00	Les Mills RPM (Y)	Cycle Studio
	11:15-11:45	Abs & Core	Studio 1
V	12:30-13:15	Les Mills The Trip (Y)	Cycle Studio
V	12:00-13:00	Les Mills Body Balance	Studio 1
V	13:30-14:30	Les Mills Bodycombat (Y)	Studio 1
V	14:00-14:45	Les Mills RPM (Y)	Cycle Studio

Book online today at www.activeseiftonfitness.co.uk, at reception or call on 0151 288 6727