

# Selby Leisure Centre: Studio sessions

## Selby Leisure Centre

Accurate as of 20/01/2019

(20-01-2019 - 26-01-2019)



Day	Time	Session	Instructor
Sun	08:30 - 09:30	Pro Cycling	Kayleigh M
Sun	09:40 - 10:40	Body Pump	Kayleigh M
Sun	10:45 - 11:45	BODYBALANCE (Virtual)	No Instructor
Sun	12:00 - 12:30	SH'BAM (Virtual)	No Instructor
Sun	13:00 - 13:30	CXWORX (Virtual)	No Instructor
Sun	14:00 - 14:30	RPM (Virtual)	
Sun	15:00 - 15:30	BODYBALANCE (Virtual)	No Instructor
Sun	16:00 - 16:30	BODYCOMBAT (Virtual)	No Instructor
Mon	06:35 - 07:20	Bootcamp Circuit (16yrs+)	Mark
Mon	07:30 - 08:00	RPM (Virtual)	No Instructor
Mon	09:15 - 09:45	CXWORX (Virtual)	No Instructor
Mon	09:15 - 10:00	Pilates	Claire M
Mon	09:15 - 10:00	Zumba (16yrs+)	Hannah
Mon	09:30 - 10:00	HIIT	Various
Mon	10:00 - 10:30	SH'BAM (Virtual)	No Instructor
Mon	10:00 - 11:00	Body Attack	Emily
Mon	11:00 - 11:30	BODYBALANCE (Virtual)	No Instructor
Mon	11:00 - 11:45	Aqua	Dawn
Mon	11:00 - 12:00	Body Pump	Emily
Mon	12:15 - 13:00	Yoga - hatha	Carol W
Mon	13:00 - 13:30	RPM (Virtual)	No Instructor

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>
Mon	17:00 - 17:30	HIIT	Various
Mon	17:30 - 18:00	CXWORX (Virtual)	No Instructor
Mon	18:15 - 19:00	BODYCOMBAT	Rachel
Mon	18:15 - 19:00	Technique	Various
Mon	18:15 - 19:15	Pro Cycling	Kayleigh M
Mon	18:45 - 19:45	Dynamic Conditioning	Brian
Mon	19:05 - 20:05	Yoga - hatha	Carol W
Mon	19:30 - 20:00	CXWORX (Virtual)	No Instructor
Mon	19:45 - 20:30	Boot Camp 17+ years	Mark
Mon	20:00 - 20:45	RPM	Andy B
Tue	06:35 - 07:20	RPM	Debbie
Tue	07:30 - 08:00	BODYCOMBAT (Virtual)	No Instructor
Tue	09:15 - 09:45	RPM (Virtual)	No Instructor
Tue	09:15 - 10:00	Dance Aerobics	Dawn
Tue	09:30 - 10:00	HIIT	Various
Tue	10:00 - 10:30	CXWORX (Virtual)	No Instructor
Tue	10:00 - 11:00	Body Attack	Emily
Tue	10:20 - 11:20	Pilates	Debbie
Tue	11:00 - 11:30	SH'BAM (Virtual)	No Instructor
Tue	11:30 - 12:45	Yoga - hatha	Sarah R
Tue	12:30 - 13:15	RPM (Virtual)	No Instructor
Tue	13:30 - 14:00	CXWORX (Virtual)	No Instructor
Tue	17:30 - 18:00	BODYBALANCE (Virtual)	No Instructor
Tue	18:00 - 18:45	Boxercise 14yrs+	Rachel
Tue	18:15 - 19:00	RPM	Andy B

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>
Tue	18:45 - 19:45	BODYCOMBAT	Rachel
Tue	19:00 - 20:00	Pilates	Debbie
Tue	19:30 - 20:00	CXWORX (Virtual)	No Instructor
Tue	19:45 - 20:30	Barbell Pump	Rachel
Tue	20:00 - 21:00	Zumba (16yrs+)	Debbie
Tue	20:15 - 20:45	RPM (Virtual)	No Instructor
Wed	06:35 - 07:20	Body Pump	Andy B
Wed	07:30 - 08:00	RPM (Virtual)	No Instructor
Wed	09:15 - 09:45	CXWORX (Virtual)	No Instructor
Wed	09:15 - 10:00	Zumba (16yrs+)	Hannah
Wed	09:45 - 10:15	HIIT	Various
Wed	10:00 - 10:30	SH'BAM (Virtual)	No Instructor
Wed	10:00 - 11:00	Pilates (parent & babies)	Claire M
Wed	10:05 - 11:05	Pilates	Hannah
Wed	11:00 - 11:30	BODYBALANCE (Virtual)	No Instructor
Wed	11:15 - 12:15	Dynamic Conditioning	Brian
Wed	12:15 - 12:45	BODYCOMBAT (Virtual)	No Instructor
Wed	12:30 - 13:15	Boxercise	Dawn
Wed	13:00 - 13:30	RPM (Virtual)	No Instructor
Wed	17:30 - 18:00	CXWORX (Virtual)	No Instructor
Wed	18:15 - 19:00	Indoor Cycle	Craig
Wed	18:30 - 19:15	Pump FX	Rachel
Wed	19:05 - 19:50	Aqua	Debbie
Wed	19:20 - 20:05	BODYCOMBAT	Rachel
Wed	20:10 - 20:55	BODYBALANCE	Rachel

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>
Wed	20:15 - 21:00	RPM (Virtual)	No Instructor
Thu	06:35 - 07:20	RPM	Debbie
Thu	07:30 - 08:00	BODYCOMBAT (Virtual)	No Instructor
Thu	09:15 - 09:45	RPM (Virtual)	No Instructor
Thu	09:15 - 10:00	Zumba (16yrs+)	Debbie
Thu	09:30 - 10:00	HIIT	Various
Thu	10:00 - 10:30	CXWORX (Virtual)	No Instructor
Thu	10:15 - 11:00	Body Pump	Emily
Thu	10:30 - 11:30	Pilates	Diane
Thu	11:00 - 11:30	SH'BAM (Virtual)	No Instructor
Thu	12:15 - 13:00	Aqua	Caroline B
Thu	12:30 - 13:15	RPM (Virtual)	No Instructor
Thu	13:30 - 14:00	CXWORX (Virtual)	No Instructor
Thu	17:00 - 17:30	HIIT	Various
Thu	17:30 - 18:00	SH'BAM (Virtual)	No Instructor
Thu	18:15 - 19:00	Just Stretch	Brian
Thu	18:15 - 19:00	RPM (Virtual)	No Instructor
Thu	18:15 - 19:15	Body Attack	Emily
Thu	19:15 - 20:00	RPM	Debbie
Thu	19:20 - 20:20	Body Pump	Kayleigh M
Thu	20:15 - 20:45	CXWORX (Virtual)	No Instructor
Thu	20:15 - 21:00	Zumba (16yrs+)	Debbie
Fri	06:35 - 07:20	Barbell Pump	Debbie
Fri	07:30 - 08:00	CXWORX (Virtual)	No Instructor
Fri	09:00 - 10:00	Tai Chi	Brian

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>
Fri	09:15 - 09:45	SH'BAM (Virtual)	No Instructor
Fri	09:30 - 10:30	Body Attack	Emily
Fri	10:00 - 10:30	RPM (Virtual)	No Instructor
Fri	10:05 - 10:50	Aqua	Sarah R
Fri	10:30 - 11:00	HIIT	Various
Fri	11:00 - 11:30	CXWORX (Virtual)	No Instructor
Fri	11:00 - 12:00	Nice and Easy Legs Bums and Tums (Low Impact)	No Instructor
Fri	11:30 - 12:45	Yoga	Sarah R
Fri	12:30 - 13:15	RPM (Virtual)	No Instructor
Fri	13:30 - 14:00	CXWORX (Virtual)	Various
Fri	17:30 - 18:00	BODYCOMBAT (Virtual)	No Instructor
Fri	18:00 - 19:00	Yoga - Gen Chi	Brian
Fri	18:15 - 19:00	Indoor Cycle	Kayleigh M
Fri	19:10 - 19:55	Body Pump	Kayleigh M
Fri	19:15 - 19:45	CXWORX (Virtual)	No Instructor
Fri	20:00 - 20:30	RPM (Virtual)	No Instructor
Sat	09:00 - 10:00	Body Pump	Emily
Sat	10:00 - 11:00	Boot Camp 17+ years	Mark
Sat	10:15 - 11:00	RPM	Debbie
Sat	11:30 - 12:30	Pilates	Debbie
Sat	12:00 - 12:30	SH'BAM (Virtual)	No Instructor
Sat	13:00 - 13:30	CXWORX (Virtual)	No Instructor
Sat	14:00 - 14:30	RPM (Virtual)	No Instructor
Sat	15:00 - 15:30	BODYBALANCE (Virtual)	No Instructor
Sat	16:00 - 16:30	BODYCOMBAT (Virtual)	No Instructor