

Selby Leisure Centre: Studio sessions

Selby Leisure Centre

Accurate as of 18/10/2017

(18-10-2017 - 24-10-2017)



Day	Time	Session	Instructor
Wed	06:30 - 07:15	Body Pump	Andy B
Wed	07:30 - 08:20	RPM (Virtual)	No Instructor
Wed	09:00 - 10:00	Pilates	Hannah
Wed	09:30 - 10:00	HIIT	Various
Wed	10:00 - 11:00	Fitness Stretch	Brian
Wed	10:00 - 11:00	Pilates (parent & babies)	
Wed	10:30 - 11:00	HIIT	Various
Wed	10:30 - 11:20	RPM (Virtual)	No Instructor
Wed	11:20 - 11:50	CXWORX (Virtual)	No Instructor
Wed	12:15 - 13:15	BODYCOMBAT (Virtual)	No Instructor
Wed	13:45 - 14:45	BODYBALANCE (Virtual)	No Instructor
Wed	17:30 - 18:00	CXWORX (Virtual)	No Instructor
Wed	18:15 - 19:00	Indoor Cycle	Craig
Wed	18:15 - 19:15	Body Pump	Emma G
Wed	19:00 - 20:00	Aqua	Debbie
Wed	19:20 - 20:20	Fat Burner	Dawn
Wed	20:15 - 21:00	RPM (Virtual)	
Thu	06:30 - 07:15	HIIT	
Thu	07:30 - 08:30	BODYCOMBAT (Virtual)	No Instructor
Thu	09:15 - 10:15	Zumba (ages 16+)	Debbie
Thu	09:30 - 10:00	HIIT	Various

Day	Time	Session	Instructor
Thu	10:30 - 11:15	Pilates	Diane
Thu	10:30 - 11:00	HIIT	Various
Thu	11:00 - 12:00	BODYCOMBAT (Virtual)	No Instructor
Thu	11:30 - 12:30	Buggy Bootcamp	Diane
Thu	12:15 - 13:05	RPM (Virtual)	No Instructor
Thu	12:15 - 13:00	Aqua	Dawn
Thu	13:05 - 13:35	CXWORX (Virtual)	No Instructor
Thu	18:00 - 19:00	Boxercise 14yrs+	Rachel
Thu	18:15 - 19:15	Body Attack	Emily
Thu	19:15 - 20:00	RPM	Debbie
Thu	19:20 - 20:20	Body Pump	Emily
Thu	20:15 - 21:15	Zumba (ages 16+)	Debbie
Fri	06:30 - 07:20	RPM	Debbie
Fri	07:25 - 07:55	CXWORX (Virtual)	No Instructor
Fri	09:00 - 10:00	Tai Chi	Brian
Fri	09:30 - 10:30	Body Attack	Emily
Fri	10:05 - 10:50	Aqua	Sarah I
Fri	10:15 - 11:05	RPM (Virtual)	No Instructor
Fri	11:00 - 12:00	Nice and Easy Legs Bums and Tums (Low Impact)	No Instructor
Fri	11:05 - 11:35	CXWORX (Virtual)	No Instructor
Fri	11:15 - 12:45	Yoga - hatha	Sarah I
Fri	12:15 - 13:05	RPM (Virtual)	No Instructor
Fri	13:05 - 13:35	BODYCOMBAT (Virtual)	No Instructor
Fri	18:00 - 19:00	Yoga - Gen Chi	Brian
Fri	18:00 - 18:50	RPM (Virtual)	No Instructor

Day	Time	Session	Instructor
Fri	19:15 - 20:15	Body Pump	Emma G
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	13:00 - 14:00	BODYCOMBAT (Virtual)	No Instructor
Sat	14:00 - 14:50	RPM (Virtual)	No Instructor
Sat	14:50 - 15:20	CXWORX (Virtual)	No Instructor
Sat	15:20 - 16:20	BODYBALANCE (Virtual)	No Instructor
Sun	08:45 - 09:30	Indoor Cycle	Emma G
Sun	09:40 - 10:40	Body Pump	Emma G
Sun	10:45 - 11:45	Yoga Fitness	Emma G
Sun	12:30 - 13:15	SH'BAM (Virtual)	No Instructor
Sun	13:15 - 14:15	BODYCOMBAT (Virtual)	No Instructor
Sun	14:15 - 14:45	CXWORX (Virtual)	
Sun	14:45 - 15:35	RPM (Virtual)	No Instructor
Sun	15:35 - 16:25	BODYBALANCE (Virtual)	No Instructor
Mon	06:30 - 07:15	Circuits	Mark
Mon	07:30 - 08:20	RPM (Virtual)	No Instructor
Mon	09:15 - 10:00	Zumba (ages 16+)	Hannah
Mon	09:30 - 10:00	HIIT	Various
Mon	10:00 - 11:00	Body Attack	Emily
Mon	10:15 - 11:05	RPM (Virtual)	No Instructor
Mon	10:30 - 11:00	HIIT	Various
Mon	11:00 - 11:45	Aqua	Debbie

Day	Time	Session	Instructor
Mon	11:00 - 12:00	Body Pump	Emily
Mon	11:05 - 11:35	CXWORX (Virtual)	No Instructor
Mon	11:30 - 12:30	Yoga - hatha	
Mon	12:15 - 13:05	RPM (Virtual)	No Instructor
Mon	13:00 - 14:00	Pilates (parent & babies)	
Mon	13:45 - 14:45	BODYBALANCE (Virtual)	No Instructor
Mon	17:15 - 17:45	CXWORX (Virtual)	
Mon	18:15 - 19:15	BODYCOMBAT	Rachel
Mon	18:45 - 19:45	Fitness Stretch	Brian
Mon	19:20 - 20:20	Metabolic Effect	Mark
Mon	20:00 - 20:45	RPM	Andy B
Mon	20:20 - 21:20	Step Areobics	Dawn
Tue	06:30 - 07:20	RPM	Debbie
Tue	09:15 - 10:00	Dance Aerobics	Dawn
Tue	09:30 - 10:00	HIIT	Various
Tue	10:00 - 11:00	Body Attack	Emily
Tue	10:15 - 11:15	Pilates	Diane
Tue	10:30 - 11:00	HIIT	Various
Tue	11:30 - 12:15	Buggy Bootcamp	Diane
Tue	11:30 - 12:30	Yoga - hatha	Sarah I
Tue	12:15 - 13:00	RPM (Virtual)	No Instructor
Tue	18:00 - 18:45	Boxercise	Rachel
Tue	18:10 - 19:00	RPM	Andy B
Tue	18:45 - 19:45	Pump FX	Rachel
Tue	19:00 - 20:00	Pilates	Debbie

Day	Time	Session	Instructor
Tue	19:05 - 20:05	Just Stretch	Brian
Tue	19:45 - 20:45	BODYCOMBAT	Rachel
Tue	20:00 - 21:00	Zumba (ages 16+)	Debbie
Tue	20:15 - 21:00	Aqua	Dawn