

Selby Leisure Centre: Studio sessions

Selby Leisure Centre

Accurate as of 19/09/2019

Times for Monday 22 July



Time	Session	Instructor
06:35 - 07:20	Bootcamp Circuit (16yrs+)	Mark
09:15 - 10:00	Pilates	Claire M
09:15 - 10:00	Zumba (16yrs+)	Hannah
09:30 - 10:00	TeamBeats	Various
10:00 - 11:00	Body Attack	Emily
10:05 - 10:50	Aqua	Isaac
11:05 - 12:05	Body Pump	Emily
12:15 - 13:00	Yoga - hatha	Carol W
17:00 - 17:30	TeamBeats	Various
18:15 - 19:00	BODYCOMBAT	Rachel
18:15 - 19:15	Pro Cycling	Kayleigh M
18:45 - 19:45	Dynamic Conditioning	Brian
19:05 - 20:05	Yoga - hatha	Carol W
19:45 - 20:30	Boot Camp 17+ years	Mark
20:00 - 20:45	RPM	Andy B