

# Wakefield Class Timetable

Last updated: November 2024

Please note that weekly class timetables are subject to change.

**totalfitness**

<b>Monday</b>		<b>6:00 - 22:00</b>	
6:30-7:00	Grit series	Jamie-Lee	Main studio
9:00-10:00	Pilates	Andrea	Mind & body studio
9:10-9:55	L.B.T	Christie	Main studio
10:15-11:00	Body blast	Leighanne	Main studio
10:15-11:15	Pilates	Andrea	Mind & body studio
11:15-12:00	Young at heart	Natasha	Main studio
11:30-12:00	Stretch	Andrea	Mind & body studio
11:30-12:10	Aqua	Leighanne	Family pool
12:20-13:00	Aqua	Leighanne	Family pool
17:30-18:15	Spin	Leighanne	Spin studio
17:30-18:15	Zumba	Emma	Main studio
18:00-19:00	Pilates	Charlie	Mind & body studio
18:30-19:00	Body blast	Leighanne	Main studio
19:15-20:00	Body pump	Matthias	Main studio
19:15-20:15	Body balance	Jamie-Lee	Mind & body studio
19:15-20:00	Strength & condition	FC	Upper gym floor

<b>Wednesday</b>		<b>6:00 - 22:00</b>	
6:30-7:15	H.I.I.T	Brendan	Main studio
9:15-10:00	Spin: Coach By Colour	Georgia	Spin studio
10:00-11:00	Pilates	Julia D	Mind & body studio
10:15-11:00	Young at heart	Natasha	Main studio
11:00-12:00	Pilates	Julia D	Mind & body studio
11:30-12:20	Aqua	Leighanne	Family pool
12:20-13:00	Aqua	Leighanne	Family pool
17:30-18:00	Step	Tracy	Main studio
18:00-19:00	Iyengar yoga	Francis	Mind & body studio
18:15-19:00	Zumba	Tracy	Main studio
18:30-19:00	TFX circuits	FC	Upper gym floor
19:15-20:15	Body pump	Rachel	Main studio

<b>Friday</b>		<b>6:00 - 21:00</b>	
6:30-7:00	Grit series	Adam	Main studio
7:15-7:45	Core	Adam	Main studio
9:30-10:15	Body combat	Adam	Main studio
10:30-11:30	Body pump	Adam	Main studio
10:30-11:30	Tai-Chi	Richard	Mind & body studio
10:10-10:50	Aqua	Tracy	Family Pool
11:00-11:40	Aqua Zumba	Tracy	Family Pool
12:00-12:45	Young at heart	Natasha	Main studio
17.30 - 18.00	TFX circuits	FC	Upper gym floor
18:00-19:00	Yoga	David	Mind & body studio

<b>Tuesday</b>		<b>6:00 - 22:00</b>	
6:30-7:15	Spin	Tanya	Spin studio
8:30-9:00	Stretch	Laura	Mind & body studio
9:15-10:15	Pilates	Laura	Mind & body studio
9:30-10:00	Grit series	Jamie-Lee	Main studio
10:15-11:00	Body pump	Rachel	Main studio
10:30-11:00	TFX circuits	FC	Upper gym floor
10:30-11:30	Vinyasa flow yoga	Karolina	Mind & body studio
10:30-11:10	Aqua	Laura	Family pool
11:20-12:00	Aqua	Laura	Family pool
17:00-18:00	Pilates	Laura	Mind & body studio
17:30-18:00	TFX circuits	FC	Upper gym floor
18:15-18:45	Bootcamp	FC	Main studio
18:15-19:15	Ashtanga yoga	Julia S	Mind & body studio
18:30-19:15	Spin: Coach By Colour	Tanya	Spin studio
19:00-20:00	Body combat	Adam	Main studio

<b>Thursday</b>		<b>6:00 - 22:00</b>	
6:30-7:15	Spin: Coach By Colour	Tanya	Spin studio
9:15-10:15	Vinyasa flow yoga	Julia S	Mind & body studio
9:30-10:15	L.B.T	Leighanne	Main studio
10:30-11:00	TFX circuits	FC	Upper gym floor
10:30-11:15	Zumba	Tracy	Main studio
10:30-11:30	Pilates	Leighanne	Mind & body studio
11:30-12:10	Aqua	Tracy	Family pool
12:20-13:00	Aqua zumba	Tracy	Family pool
17:30-18:00	TFX circuits	FC	Upper Gym Floor
18:00-18:45	Body combat	Matthias	Main studio
18:30-19:30	Vinyasa flow yoga	Lucy	Mind & body studio
19:00-19:45	Body pump	Matthias	Main studio
19:00-19:45	Aqua	Tracy	Family pool

<b>Saturday</b>		<b>8:00 - 19:00</b>	
8:30-9:00	H.I.I.T	Laura	Main studio
9:15-10:00	Spin	Laura	Spin Studio
10:00-11:00	Iyengar yoga	Francis	Mind & body studio
10:15-11:15	Body pump	Matthias	Main studio
12:00-12:45	Family circuits	FC	Upper gym floor

<b>Sunday</b>		<b>8:00 - 19:00</b>	
8:30-9:00	Spin	Tanya	Spin studio
9:00-10:00	Body combat	Rachel	Main studio
9:15-10:00	Spin: Coach By Colour	Tanya	Spin studio
10:15-11:00	Body pump	Sarah	Main studio
10:15-11:15	Body balance	Maddie	Mind & body studio