

# Class Timetable

## The Leisure Centre Keighley

Accurate as of 12/06/2026

### Times for Monday 1 June



Time	Session	Facility
6:30 am - 7:15 am	Bootcamp	Activity Room
9:00 am - 12:00 pm	Over 50's Badminton, table tennis and swim	Main Hall
9:30 am - 10:15 am	HIIT	Activity Room
10:15 am - 11:15 am	Aerobic Dance	Main Hall
11:00 am - 11:45 am	Body Conditioning	Activity Room
12:00 pm - 1:00 pm	Iyengar Yoga	Mind, Body & Soul Room
1:15 pm - 2:30 pm	Iyengar Yoga	Mind, Body & Soul Room
5:45 pm - 6:30 pm	Studio Cycling	Spinning Room
6:00 pm - 6:45 pm	Step & Condition	Activity Room
6:30 pm - 7:15 pm	Kettle Bells	Activity Room
6:30 pm - 7:15 pm	HIIT	Gym
6:45 pm - 8:00 pm	Iyengar Yoga	Mind, Body & Soul Room
7:00 pm - 7:45 pm	Zumba	Activity Room