

Class Timetable

The Leisure Centre Keighley

Accurate as of 12/06/2026

Times for Friday 5 June



Time	Session	Facility
6:30 am - 7:15 am	Studio Cycling	Spinning Room
9:00 am - 12:00 pm	Over 50's Badminton, table tennis and swim	Main Hall
10:15 am - 11:00 am	40+ Aerobic Dance	Activity Room
11:00 am - 11:45 am	40+ Body Conditioning	Activity Room
12:30 pm - 1:45 pm	Iyengar Yoga	Mind, Body & Soul Room
6:00 pm - 6:45 pm	Studio Cycling	Spinning Room
6:45 pm - 7:30 pm	Les Mills BodyPump	Activity Room