

# Class Timetable

## The Leisure Centre Keighley

Accurate as of 12/06/2026

### Times for Thursday 18 June



Time	Session	Facility
6:30 am - 7:15 am	Women's Workout	Activity Room
6:30 am - 7:15 am	Women's Workout	Activity Room
10:00 am - 10:45 am	Studio Cycling	Spinning Room
10:00 am - 10:45 am	Studio Cycling	Spinning Room
11:00 am - 11:45 am	Extend	Main Hall
11:00 am - 11:45 am	Extend	Main Hall
1:00 pm - 2:30 pm	Circuits (for older people)	Activity Room
1:00 pm - 2:30 pm	Circuits (for older people)	Activity Room
6:00 pm - 6:45 pm	Les Mills BodyPump	Activity Room
6:00 pm - 6:45 pm	Les Mills BodyPump	Activity Room
6:15 pm - 7:00 pm	Studio Cycling	Spinning Room
6:15 pm - 7:00 pm	Studio Cycling	Spinning Room
6:30 pm - 7:30 pm	HIIT	Gym
6:30 pm - 7:30 pm	HIIT	Gym
7:00 pm - 7:45 pm	Zumba	Activity Room
7:00 pm - 7:45 pm	Zumba	Activity Room
7:15 pm - 8:00 pm	Pilates	Mind, Body & Soul Room
7:15 pm - 8:00 pm	Pilates	Mind, Body & Soul Room