This timetable is subject to change, for further information visit our website. In addition to the above timetable other activities are available including gymnastics, trampolining, badminton and table tennis. For more information enquire at reception or visit the website.

*Additional cost

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BRAUNSTONE LEISURE CENTRE

2 Hamelin Road
Leicester LE3 1JN.
TEL: 0116 229 3229

BRAUNSTONE LEISURE CENTRE

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY
---|---|---|---|---|---|---
6.45am to 7.30am | 6.45am to 7.30am | 6.45am to 7.30am | 6.45am to 7.30am | 6.45am to 7.30am | 8.30am to 9.15am | 9am to 10am
9am to 9.45am | 10am to 10.45am | 10am to 10.45am | 10am to 10.45am | 9am to 9.45am | 10.30am to 11.15am | 10am to 10.45am
10am to 10.45am | 12noon to 12.45pm | 10am to 10.45am | 11am to 12noon | 10am to 10.45am | 11am to 12noon | 11.15am to 12pm
10.45am to 11.30am | 1pm to 1.45pm | 11am to 11.45am | 1pm to 2pm | 10am to 10.45am | 1pm to 2pm | 12noon to 12.45pm
11am to 11.45am | 5.15pm to 6pm | 6.30pm to 7.15pm | 7pm to 7.45pm | 11am to 11.45am | 1pm to 2pm | 1pm to 2pm
12pm to 12.45pm | 6pm to 6.45pm | 7pm to 7.45pm | 7.10pm to 7.55pm | 12pm to 12.45pm | 1pm to 2pm | 12noon to 12.45pm
5.45pm to 6.30pm | 6.05pm to 6.50pm | 7pm to 7.45pm | 7.10pm to 7.55pm | 12pm to 12.45pm | 1pm to 2pm | 12noon to 12.45pm
5.45pm to 6.30pm | 6.15pm to 7pm | 6.30pm to 7.15pm | 7pm to 7.45pm | 5.15pm to 6pm | 6pm to 6.45pm | 6pm to 6.45pm
6.40pm to 7.10pm | 7pm to 7.45pm | 6.40pm to 7.10pm | 7.10pm to 7.55pm | 6pm to 6.45pm | 6pm to 6.45pm | 6pm to 6.45pm
6.45pm to 7.30am | 7am to 7.45pm | 7am to 7.45pm | 7.15pm to 8pm | 6pm to 6.45pm | 6pm to 6.45pm | 6pm to 6.45pm
7pm to 7.45pm | 7.45pm to 8.30pm | 7.30pm to 8.15pm | | | 6pm to 6.45pm | 6pm to 6.45pm
7.30pm to 8.15pm | 8pm to 8.45pm | | | | | 6pm to 6.45pm

**CLASSES**
Please arrive five minutes before the class start time. If you arrive after the class start time your space may be offered to someone else. Participant’s minimum age for all classes is 14 years and participants ages 14 - 15 years must be accompanied in the class by an adult.

- **Cardio**
- **Strength & tone**
- **Mind & Body**
- **Water based**
- **Full body**

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