










Monday

Time	Session	Location	Activity Type
10am – 11am	Nice and Easy	Studio	 
6pm – 7pm	Bootcamp	Studio	
7.20pm – 8.20pm	Legs, Bums & Tums	Studio	 




Tuesday

Time	Session	Location	Activity Type
6.15pm – 7.15pm	Body Blast Dance	Studio	
7.45pm – 8.45pm	Circuit	Studio	



Wednesday

Time	Session	Location	Activity Type
9.45am – 10.45pm	Dance Fit	Studio	
6pm – 7pm	Pump Max	Studio	


Thursday

Time	Session	Location	Activity Type
6.15pm – 7.15pm	Legs, Bums & Tums	Studio	 
7.45pm – 8.45pm	HIIT	Studio	


Friday

Time	Session	Location	Activity Type
10.15am – 11.25am	Legs, Bums & Tums	Studio	 

Saturday

Time	Session	Location	Activity Type
9.15am – 10.15am	Circuits	Studio	

Sunday

Time	Session	Location	Activity Type
9.30am – 10.30am	HIIT	Studio	

Group Exercise



Cardio



Strength & Tone



Mind & Body



Water based



Full Body



Our Live Well-friendly classes are a nice, easy transition from the support you have received during your 12 free weeks. However, all classes are available to Live Well members.

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. Participants' minimum age for all classes is 14 years and participants ages 14-15 years must be accompanied in the class by an adult.

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 www.leicester.gov.uk/activeleicester