

Day & Time	Activity
Thu 8.30am - 10.00am	Active Life - Bodyline**
Thu 10.00am - 11.00am	Circuits**
Thu 6.00pm - 7.00pm	Circuits**
Thu 6.30pm - 7.30pm	Spin-fit**
Thu 7.00pm - 8.00pm	Netball**
Thu 7.45pm - 8.30pm	Aqua-fit**
Fri 8.30am - 10.00am	Active Life - Bodyline**
Fri 9.00am - 10.00am	Pilates beginners**
Fri 10.00am - 11.00am	Pilates Int/Adv**/**
Sat 1.00pm - 2.00pm	Zumba**
Sat 4.00pm - 5.00pm	Circuits**
Sun 10.00am - 11.00am	Legs, bums and tums**
Sun 11.00am - 12.00pm	Step aerobics**
Sun 5.00pm - 6.00pm	Step aerobics**
Sun 6.00pm - 7.00pm	Spin-fit**
Sun 7.00pm - 8.00pm	Legs, bums and tums**
Sun 7.00pm - 9.00pm	Netball**
Bodyline Gym Hours	
Mon 8.15am - 10.00pm	
Tue 8.15am - 10.00pm	
Wed 7.30am - 10.00pm	
Thu 8.15am - 10.00pm	
Fri 8.15am - 9.00pm	
Sat 8.15am - 5.00pm	
Sun 9.00am - 8.00pm	

Additional Information

A drop-in crèche service, for pre-school children aged 4months – 7yrs old, is available Monday 10-11.30am and Tuesday to Friday 9-11.30am. For more information visit www.leeds.gov.uk/rothwell

Junior Gym times for 12 - 15 years 3.00 - 5.00pm daily

Timetable subject to change. Last updated 23/11/11