Wetherby Leisure Centre

Day & Time	Activity
Mon 6.30am - 7.15am	Boot Camp ****
Mon 10.00am - 11.15am	Ladies Weights **
Mon 11.15am - 12.30pm	Gym Circuit **
Mon 12.00pm - 12.45pm	Fitball **
Mon 1.00pm - 1.45pm	Legs Bums Tums **
Mon 2.00pm - 3.00pm	Active Life *
Mon 6.00pm - 6.45pm	Legs Bums Tums **
Mon 7.00pm - 8.00pm	Step Aerobics **
Tue 9.00am - 10.00am	Heartwatch*
Tue 10.00am - 11.00am	Heartwatch*
Tue 11.15am - 12.15pm	Active Life *
Tue 12.30pm - 1.30pm	Heartwatch*
Tue 6.00pm - 6.45pm	Aerobics **
Tue 7.00pm - 9.00pm	Taekwondo **
Tue 7.30pm - 9.00pm	Gym Circuit **
Tue 9.00pm - 10.00pm	Rehabenings **
Wed 6.30am - 7.15am	Boot Camp ****
Wed 11.15am - 12.15pm	Active Life *
Wed 12.15pm - 1.00pm	Legs Bums Tums **
Wed 1.15pm - 2.45pm	Pilates **
Wed 6.00pm - 6.45pm	Kick-Boxercise ***
Wed 7.00pm - 8.00pm	Power Hour *

Day & Time	Activity
Thu 10.15am - 11.45am	Yoga **
Thu 12.00pm - 1.00pm	Legs Bums Tums **
Thu 6.00pm - 6.45pm	Rebound ***
Thu 7.00pm - 8.00pm	Boot Camp ***
Thu 7.30pm - 9.00pm	Gym Circuit **
Thu 9.00pm - 10.00pm	Rehabenings *
Fri 6.30am - 7.15am	Boot Camp ****
Fri 9.00am - 10.00am	Heartwatch*
Fri 10.00am - 11.00am	Heartwatch*
Fri 11.00am - 12.30pm	Pilates ***
Fri 6.00pm - 6.45pm	Step Aerobics ***

Gym Opening Times	Junior Weights Sessions
Mon 7.00am - 9.00pm	Tue 4.00pm - 5.30pm
Tue 8.00am - 9.00pm	Thu 4.00pm - 5.30pm
Wed 7.00am - 9.00pm	Sat 2.30pm - 3.30pm
Thu 8.00am - 9.00pm	
Fri 7.00am - 9.00pm	
Sat 8.00am - 2.30pm	
Sun 8.00am - 8.30pm	
Last updated 11/01/12	Timetable Subject to change

Additional Information

Please Note:-

Young people aged 14 & 15 years old are welcome to attend all fitness classes.

Taekwondo martial arts class on Tuesday 7.00pm- 8.00pm (juniors 8 - 12yrs) and 8.00pm - 9.00pm (13yrs plus).