

# Ripon Leisure and Wellbeing Hub - The Jack Laughter Centre

## Group Exercise Classes - Week 1

		6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm					
Monday	CS		LM the Trip					Group Cycle					LM the Trip												LM the Trip											
	S1	LM Strength Development			Yoga			LM Thrive		LM Body Combat		Fitball					LM Body Pump		Zumba							LM Shapes		Menofit								
	S2																																			
Tuesday	CS		LM Sprint Virtual					LM The Trip																	LM the Trip											
	S1	Bootcamp					LM Body Balance		YOGA		LM Body Pump					LM Shapes					Reformer		Reformer		Begin Pilates				Conditioning		LM Body Combat		Zumba			
	S2																							Yoga		LM Pilates				Hips, Bums & Tums						
Wednesday	CS		LM the Trip					LM the Trip						LM RPM							Pedal 4 Parkinsons				LM the Trip											
	S1	Bootcamp						Pilates		LM Body Combat		LM Body Pump		Pilates				Yoga		LM Pilates					Circuits				Step		Zumba		LM Combat			
	S2																																			
Thursday	CS	LM the Trip						Group Cycle		LM the Trip																	LM the Trip									
	S1	LM Body Combat		Pilates					LM Body Pump		Pilates		Fitball		LM Shapes					LM Thrive		HBT				Reformer		Reformer					Pilates		LM Body Combat	
	S2	Pilates																																		
Friday	CS								LM the Trip																	LM the Trip				Group Cycle Virtual						
	S1	Bootcamp					Yoga		LM Core		Pure Stretch		LM Body Combat						Strength and Stretch					LM Pilates		Bootcamp				LM Body Pump		LM Body Combat				
	S2	LM Pilates																																		
Saturday	CS							LM the Trip																												
	S1					Bootcamp				LM Body Combat																										
	S2							LM Shapes				Pilates																								
Sunday	CS							LM the Trip																												
	S1									Box HIIT		Circuits																								
	S2																																			
		6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm					

**Cancellation of Activities:** We operate a £7.45 no show fee for any missed pre-booked classes. If you can't make it, you must cancel your place no later than 3 hours before the class start time. To avoid this charge, please ensure you check in at the access control when you visit the centre. Sessions can be cancelled online, in-centre and via the Active North Yorkshire app up to 3 hours before the class commences.

**KEY** CS Cycle Studio S1 Studio S2 Health & Wellbeing Studio

[www.northyorks.gov.uk/active](http://www.northyorks.gov.uk/active)



# Ripon Leisure and Wellbeing Hub - The Jack Laughter Centre

## Group Exercise Classes - Week 2

		6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm					
Monday	CS		LM the Trip					Group Cycle						LM the Trip												LM the Trip										
	S1	LM Strength Development			Yoga			LM Thrive		LM Body Combat		Fitball					LM Body Pump		Zumba							Bootcamp		Box HIIT		Yoga						
	S2																										LM Shapes		Menofit							
Tuesday	CS		LM Sprint Virtual					LM The Trip												LM the Trip																
	S1	Bootcamp				LM Body Balance		YOGA				LM Body Pump					LM Shapes					Reformer		Reformer		Begin Pilates				Conditioning		LM Body Combat		Zumba		
	S2																							Yoga		LM Pilates				Hips, Bums & Tums						
Wednesday	CS		LM Sprint Virtual					LM the Trip					LM RPM							Pedal 4 Parkinsons				LM the Trip												
	S1	Bootcamp					Pilates				LM Body Combat		LM Body Pump		Pilates				LM Pilates		Yoga					Circuits		Step		Zumba				Box HIIT		
	S2																																			
Thursday	CS	LM the Trip Virtual						RPM				LM the Trip												LM the Trip												
	S1	LM Body Combat		Pilates				Conditioning		LM Body Pump		Pilates		Fitball					LM Thrive		HBT				Reformer		Reformer		Box HIIT				LM Strength		LM Body Combat	
	S2	Pilates																										Pilates								
Friday	CS								LM the Trip												LM the Trip						Group Cycle									
	S1	Bootcamp				Yoga		LM Core		Pure Stretch		LM Body Combat					Strength and Stretch						LM Pilates		Bootcamp				LM Body Pump		LM Body Combat					
	S2			LM Pilates																																
Saturday	CS						LM the Trip																													
	S1								LM Body Combat																											
	S2										Pilates																									
Sunday	CS					LM the Trip																														
	S1									Box HIIT		Circuits																								
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		6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm					

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