

Leisure and Wellbeing Hub Group Exercise Class Timetable - Christmas 2025

Sunday 21st December

TIME	CLASS	INSTRUCTOR
08.00 - 12.00	Winter Solstice	Sam and Kate
08.00 - 08.45	RIG FIT	Anita
09.00 - 09.45	Bootcamp	Anita
09.15 - 09.45	RPM	Ali
10.00 - 10.45	The Trip	Ali
10.00 - 10.45	Body Pump	VIRTUAL
17.00 - 17.45	The Trip	Anita
17.45 - 18.30	Core Fusion	Vicky
08.30 - 09.15	Body Combat	Claire
09.30 - 10.15	Circuits	WC
09.30 - 10.15	LM The Trip	Claire
10.30 - 11.15	Body Pump	Claire
11.30 - 12.15	LM Pilates	Claire
15.00 - 15.45	Body Balance	Jack
16.00 - 16.45	The Trip	Jack
17.00 - 17.45	Shapes	Laura
18.00 - 19.00	Meditation	Aimee
07.15 - 08.00	Circuits	Craig
08.15 - 09.00	Group Cycle	Craig
09.15 - 10.00	BOX HIIT	Craig

Monday 22nd December

TIME	CLASS	INSTRUCTOR
06:30 - 07:15	Pilates	Richard
06:30 - 07:15	Trip	VIRTUAL
06:30 - 07:15	Pump	Kat
06:30 - 07:15	RIG FIT	Anita
07:20 - 07:50	Cycle	Kat
07:45 - 08:45	SOUNDBATH	Sam
09:30 - 11:00	Hatha Meditation	Brenda
09:30 - 10:15	Body Attack	Liz
09:30 - 10:15	LM The Trip	Kat
10:30 - 11:15	Body Pump	Kat
11:00 - 12:30	Thrive and Meditate	Anita and Katherine

11:20 - 12:10	Zumba	Lauren
12:15 - 13:00	Aquafit	Anita
13:00 - 13:45	Trip	Delene
14:00 - 14:45	Reformer	Katherine
15:00 - 15:45	Reformer	Katherine
17:00 - 17:45	Pilates	Angela
17:15 - 18:00	Pump	Liz
17:15 - 18:00	Trip	Tim
17:50 - 19:15	Yoga & Meditation	Angela
19:00 - 19:45	Pilates	Katherine
18:05 - 18:50	Shapes	Liz
20:00 - 20:45	Combat	Harry
20:00 - 20:45	Yoga	Katherine
06:30 - 07:15	Trip	Claire
07:00 - 07:40	LM Body Combat	Lucy
07:45 - 08:55	Yang and Yin	Aimee
09:00 - 09:55	Wake up and Shake Up (Zumba)	Kinga and Vicky
10:05 - 10:55	Body Pump	Kinga
11:05 - 11:50	Fitball	Kinga
12:00 - 12:45	Trip	Jack
13:00 - 13:45	Body Balance	Jack
15:00 - 15:45	BEG. Pilates	Julie
16:00 - 16:45	Pilates	Julie
17:00 - 17:45	Circuits	Julie
17:15 - 18:00	Trip	Jack
18:00 - 18:45	Pilates	Julie
06:30 - 07:15	Strength Development	Craig
07:20 - 08:05	Group Cycle	Craig
08:30 - 10:00	Thrive and Meditation	Anita and Katherine
09:30 - 10:15	LM The Trip	Craig
10:00 - 10:45	LM Body Pump	Claire
10:30 - 11:15	Pilates	Karen
10:50 - 11:35	LM Body Combat	Claire
13:00 - 13:45	Zumba	Karen
17:30 - 18:15	Bootcamp	Amelia

18:00 - 18:45	Group Cycle	Paul
18:30 - 19:15	Shapes	Amelia
19:00 - 19:45	Pilates	Karen

Tuesday 23rd December

TIME	CLASS	INSTRUCTOR
06:30 - 07:15	Pilates	Emma B
06:30 - 07:15	Strength Dev	Kat
06:30 - 07:15	Trip	VIRTUAL
07:20 - 07:50	Group Cycle	Kat
07:45 - 08:30	Body Pump	Liz
08:00 - 09:30	Yin and Meditation	Angela
09:30 - 10:15	Pilates	Angela
09:30 - 10:15	Trip	Delene
10:00 - 10:45	Bootcamp	Rory
10:30 - 11:15	Group Cycle	Delene
10:30 - 11:30	Stability Conditioning	Breffni
11:30 - 12:30	Stretch	Breffni
12:30 - 13:30	Tai Chi	Breffni
16:00 - 16:45	Body Attack	Kat
17:00 - 17:45	Body Pump	Kat
17:00 - 17:45	Body Balance	Angela
17:15 - 18:00	Trip	Ali
18:05 - 18:50	Trip	Ali
17:50 - 18:35	Pilates	Angela
06:30 - 07:15	Yoga	Kate
06:30 - 07:15	Trip	Claire
07:20 - 08:05	Body Combat	Lucy
08:10 - 08:55	LM Pilates	Lucy
09:05 - 09:50	LM Body Pump	Laura
09:00 - 09:45	Group Cycle	Kinga
10:00 - 10:45	Zumba	Kinga
10:50 - 11:35	Body Balance	Kinga
15:00 - 15:45	Pilates	Julie
16:00 - 16:45	Body Step	Helen
17:00 - 17:45	Combat VS Attack	Claire and Lucy

18:00 - 18:45	Functional Strength	Laura
18:00 - 18:45	The Trip	Liz
19:00 - 19:45	Body Pump	Laura
20:00 - 20:45	Pilates	Gerry
06:30 - 07:15	Bootcamp	Amelia
08:00 - 09:30	Morning Flow and Meditation	Katherine
09:30 - 10:15	Trip	Liz
10:00 - 10:45	Reformer	Katherine
10:30 - 11:15	Body Pump	Liz
11:00 - 11:45	Reformer	Katherine
12:00 - 12:45	Shapes	Amelia
15:45 - 16:30	BEG Pilates	Zoe C
16:34 - 17:20	Pilates	Zoe C
17:45 - 18:30	HBT	Alita
18:00 - 18:45	Body Pump	Lia
18:35 - 19:20	Conditioning	Anita
19:30 - 20:15	Stretch and Core	Anita
19:00 - 19:45	Aquafit	Karen
20:00 - 20:45	Zumba	Karen
07:30 - 08:30	Hot Yoga and Plunge	Sam

Wednesday 24th December

TIME	CLASS	INSTRUCTOR
07:00 - 07:45	Pilates	Emma
07:00 - 07:45	Bootcamp	Anna
07:00 - 07:45	Trip	Kat
08:00 - 08:45	Pump	Kat
08:00 - 08:45	RIG FIT	Rory/Anita
08:20 - 09:05	Pilates	Rich
09:00 - 09:55	Wake Up and Shake Up Zumba	Kinga and Vicky
09:00 - 09:45	The Trip	Anita
10:00 - 10:45	HBT	Anita
07:30 - 08:15	Trip	Jack
08:20 - 09:05	Balance	Jack
08:20 - 09:05	Trip	Lucy

Harrogate Leisure and Wellbeing Hub Knaresborough Leisure and Wellbeing Hub Ripon Leisure and Wellbeing Hub Turkish Baths Starbeck Pool

Leisure and Wellbeing Hub Group Exercise Class Timetable - Christmas 2025

09:15 - 10:00	Combat v Attack	Lucy and Jack
10:15 - 11:45	Xmas Eve Reflection and Meditate	Katherine
08:00 - 09:30	Restorative Yoga and Meditation	Angela
09:00 - 09:45	Zumba	Karen
09:00 - 09:45	Trip	Claire
10:00 - 10:45	Body Pump	Claire
07.30 - 08.30	Hot Yoga and Plunge	Katherine

Thursday 25th December
CLOSED

Friday 26th December
CLOSED

Saturday 27th December

TIME	CLASS	INSTRUCTOR
07:00 - 07:45	Shapes	Kat
08:00 - 08:45	Pump	Tamsin
08:15 - 08:45	RPM	Ali
09:00 - 09:45	Trip	Ali
09:00 - 09:45	Attack	Tamsin
10:00 - 10:45	Pilates	Gerry
10:00 - 10:45	Zumba	Karen
07:15 - 08:10	Xmas Aerobic Reset	Claire
07:15 - 08:00	The Trip	Liz
08:30 - 09:15	Pilates	Gerry
08:30 - 09:15	The Trip	Claire
09:30 - 10:15	Pump	Claire
10:25 - 11:10	Shapes	Claire
07:00 - 07:45	The Trip	Lucy
07:00 - 07:45	Circuits	Julie
08:00 - 08:45	Body Combat	Lucy
08:00 - 08:45	Pilates	Julie
09:00 - 10:00	Soundbath	Sam

Sunday 28th December

TIME	CLASS	INSTRUCTOR
08:00 - 08:45	Yoga	Kate
08:00 - 08:45	Bootcamp	Rory
09:00 - 09:45	RIG FIT	Rory
09:00 - 09:45	Power Yoga	Sam
09:15 - 09:45	RPM	Ali
10:00 - 10:45	The Trip	Ali
10:00 - 10:45	LM Body Pump	Virtual
08:00 - 08:45	Body Combat	Claire
09:00 - 09:45	The Trip	Claire
10:00 - 10:45	Body Pump	Claire
11:00 - 11:45	LM Pilates	Claire
14:30 - 15:30	Soundbath	Sam
08:00 - 08:45	Body Pump	Zoe
08:00 - 08:45	The Trip	Norman
09:00 - 09:45	Group Cycle	Norman
09:00 - 09:45	Pilates	Zoe
09:00 - 09:45	Zumba	Karen
14:30 - 15:30	Restorative Reset	Carrie

Monday 29th December

TIME	CLASS	INSTRUCTOR
07:00 - 07:45	Strength Dev	Kat
07:00 - 07:45	Pilates	Rich
07:00 - 07:45	The Trip	Anita
07:50 - 08:20	GRIT	Kat
08:00 - 08:45	Power Yoga	Sam
08:30 - 09:15	The Trip	Kat
08:30 - 09:15	Zumba	Lauren
09:30 - 11:00	Yoga	Brenda
09:30 - 10:15	Body Pump	Kat
11:15 - 12:00	Fit4Function	Anita
12:00 - 12:45	The Trip	Delene
12:15 - 13:00	Aquafit	Anita
07:00 - 07:45	The Trip	Claire
07:50 - 08:35	Body Combat	Claire
08:45 - 10:00	Christmas Reset	Marie

09:15 - 10:00	Group Cycle	Kinga
10:15 - 11:00	Zumba Party	Kinga and Vicky
11:15 - 12:00	Pump	Jack
12:10 - 13:00	Balance	Jack
13:15 - 14:00	Pilates	Jools
07:00 - 07:45	Strength Dev	Craig
08:00 - 08:45	The Trip	Craig
09:00 - 09:45	Pilates	Angela
10:00 - 10:55	XMAS Aerobic Reset	Claire
10:00 - 10:45	Body Balance	Angela
10:00 - 10:45	Group Cycle	Craig
11:00 - 11:45	Body Pump	Claire
16.00 - 16.45	Floating Soundbath	Sam
17.15 - 18.00	Floating Soundbath	Sam

Tuesday 30th December

TIME	CLASS	INSTRUCTOR
07:00 - 07:45	Pilates	Emma B
07:00 - 07:45	Pump	Kat
07:00 - 07:45	Trip	Zoe
07:50 - 08:20	Core	Kat
09:00 - 09:45	Pilates	Angela
09:00 - 09:45	The Trip	Delene
09:00 - 09:30	GRIT	Dawn
09:30 - 10:15	LM Body Combat	Dawn
10:00 - 10:45	Stabilty	Breff
10:00 - 10:45	Group Cycle	Delene
10:20 - 11:05	Body Pump	Dawn
11:00 - 11:45	Stretch	Breffni
11:10 - 11:40	Core	Dawn
12:00 - 12:45	Tai Chi	Breffni
07:00 - 07:45	The Trip	Claire
07:00 - 07:45	Yoga	Kate
07:50 - 08:35	Combat	Claire
08:40 - 09:25	LM Pilates	Claire
09:30 - 10:15	Body Pump	Laura
09:30 - 10:15	Group Cycle	Kinga
10:30 - 11:15	Zumba	Kinga

11:20 - 12:05	Fitball	Kinga
07:00 - 07:45	Bootcamp	Amelia
08:00 - 08:45	Body Balance	Carrie
09:00 - 09:45	Yoga	Carrie
09:00 - 09:45	The Trip	Liz
10:00 - 10:45	Body Pump	Liz
10:00 - 10:45	Zumba	Karen
12:00 - 12:45	Shapes	Amelia

Wednesday 31st December

TIME	CLASS	INSTRUCTOR
07:00 - 07:45	Pilates	Emma
07:00 - 07:45	Bootcamp	Anna
07:00 - 07:45	Trip	Kat
08:00 - 08:30	Core	Kat
08:00 - 08:45	RIG FIT	Rory/Anita
08:20 - 09:15	Pilates	Richard
09:00 - 09:45	Body Combat	Dawn
09:00 - 09:45	Trip	Anita
10:00 - 10:45	Body Pump	Liz
10:00 - 10:45	HBT	Anita
07:00 - 07:45	Body Balance	Marie
07:00 - 07:45	The Trip	Zoe
08:00 - 09:30	Morning Yin and Medit	Angela
09:00 - 09:45	Group Cycle	Kinga
10:00 - 10:55	New Year Zumba Party	Kinga and Vicky
11:00 - 11:45	Bootcamp	WC
07:00 - 07:45	Bootcamp	Craig
08:00 - 08:45	The Trip	Craig
09:00 - 09:45	Pump	Claire
09:00 - 09:45	Pilates	Karen
10:00 - 10:45	Body Combat	Claire
09:45 - 10:15	Zumba	Karen
07:30 - 08:45	Soundbath	Sam

Thursday 1st January
CLOSED

Harrogate Leisure and Wellbeing Hub Knaresborough Leisure and Wellbeing Hub Ripon Leisure and Wellbeing Hub Turkish Baths Starbeck Pool