

East Leeds Leisure Centre

Day & Time	Activity
Mon 9.15am - 10.00am	Low Impact (Aqua**)
Mon 10.00am - 11.00am	Tone & Sculpt (Core Fitness**)
Mon 4.00pm - 6.00pm	Heart Watch (Circuit**)
Mon 4.00pm - 6.00pm	Specialist (Cardiac Gym)
Mon 6.00pm - 6.45pm	Full Fitness (Beginners Aerobics**)
Mon 7.00pm - 8.30pm	Mind & Body (Yoga**)
Tue 10.00am - 11.30am	Full Fitness (Ultimate Workout**)
Tue 11.30am - 1.30pm	Active Life (**)
Tue 5.15pm - 6.15pm	Tone & Sculpt (Fitball**)
Tue 6.30pm - 7.30pm	Tone & Sculpt (Legs, Bums & Tums**)
Tue 7.30pm - 8.30pm	Tone & Sculpt (20/20/20**)
Wed 10.00am - 11.00am	Tone & Sculpt (20/20/20**)
Wed 10.00am - 12.00pm	Full Fitness (Badminton*)
Wed 6.00pm - 6.45pm	Tone & Sculpt (Dancercise**)
Wed 6.00pm - 7.00pm	Low Impact (Aqua**)
Wed 7.00pm - 8.00pm	Combat Fitness (Boxercise**)

Day & Time	Activity
Thu 10.00am - 11.00am	Full Fitness (Fat Burn**)
Thu 1.00pm - 2.30pm	Mind & Body (Pilates**)
Thu 6.00pm - 7.00pm	Full Fitness (Step**)
Thu 7.00pm - 8.00pm	Tone & Sculpt (Legs, Bums & Tums**)
Fri 8.15am - 9.00am	Full Fitness (Kick Start**)
Fri 10.00am - 11.00am	Mind & Body (Yoga**)
Sun 9.30am - 11.00am	Full Fitness (Step it up**)

Additional Information

We have a creche for children aged 3 months until 4 years. This is held in a purpose built room with qualified staff. Sessions are Mondays to Fridays 9.45am - 11.00am & 11.15am - 12.15pm. Booking is essential as places are limited, you may book up to six days in advance. £1.30 per session per child. Parents must be taking part in an activity and stay in the building at all times.