

Kippax Leisure Centre – Fitness Timetable

Monday			
18:00 - 19:00	Circuit Training	John	Sports Hall
19:10 - 20:00	Step & Tone	Carole	Activity Room
20.00 - 20.50	Step & Tone	Carole	Activity Room

Tuesday			
14.30 - 16.00	Line Dancing (Starts Tues 5th Jun)	Molly	Sports Hall
17:30 - 18:30	Tae-Kwon-Do Club	Patrick	Activity Room
18.45 - 19.30	Rebound and Tone	Claire	Activity Room
19.00 - 20.30	Tai-Chi	Bob	Green Room
19.30 - 20.30	Fat Burner	Jude	Activity Room

Wednesday			
18:00 - 19:00	Circuit Training	John	Sports Hall
18:00 - 20:00	Ju - Jitsu Club	Patrick	Activity Room
20:05 - 20:50	Aqua Aerobics	Fiona	Pool

Thursday			
09:30 - 11:30	Active AM * (Bodytone 9.30-10.30)	Carole	Activity / Hall
14:00 - 16:00	Active Life 50+ (Term Time only)	Martin	Activity Room
18:30 - 19:30	20-20-20	Carole	Activity Room
19:30 - 20:30	Fit Ball	Carole	Activity Room

PLEASE NOTE THAT CLASSES ARE AVAILABLE FOR

CUSTOMERS AGED 16 AND ABOVE

CLASSES CAN BE ATTENDED BY PERSONS AGED 14+ IF ACCOMPANIED BY A PARTICIPATING ADULT

CLASSES ARE SUBJECT TO AVAILABILITY. THE MANAGEMENT HAVE THE RIGHT TO CANCEL SESSIONS SHOULD ANY

PROBLEMS ARISE. CUSTOMERS ARE ADVISED TO PHONE THE CENTRE AND CHECK EACH CLASS IS AVAILABLE BEFORE ARRIVAL.

Friday			
18:00 - 19:00	Circuit Training	Paul	Sports Hall
19:00 - 19:45	Water Circuit Fitness Training	Kirsten	Pool
20.00-20.45	Pilates	Kirsten	Green room

Saturday			
10:00 - 11:00	Junior Badminton Coaching	Jim	Sports Hall
11:00 - 12:00	Adult Badminton Coaching	Jim	Sports Hall

Jan-08

Sunday			
17:00 - 19:00	Badminton Pay & Play	Jim	Sports Hall

Please note: Active AM sessions run term time only

- * Crèche is available on a waiting list basis.
- * **Active AM not running at the moment please contact reception for details.**



Tel: 0113 286 8882