



Exercise Timetable



Tuesday 1st October to Friday 20th December 2024

(Excluding half term Monday 28th October to Friday 1st November. No Classes at Civic Hall December 10th and 11th)

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 10:45 Dance & Tone Civic Hall	10:00 – 10:45 Ballet Be Fit (Ladies Only) Civic Hall	10:00 – 10:50 DDMIX Dance Fitness Civic Hall	10:00 – 10:45 Core & Floor (Ladies Only) Civic Hall	10:00 – 11:00 Tai Chi & Tea KHL
11:00 – 12:00 Somatic Yoga Civic Hall <i>New time</i>	11:00 – 11:45 Ballet Be Fit Civic Hall	11:00 – 12:00 Fit-Start Civic Hall	11:00 – 11:45 Cardio Conditioning Civic Hall <i>New</i>	11:15 – 12:00 Boxercise KHL
11:00 – 11:45 Seated Yoga KHL	10:30 – 11:30 Movement Matters Online	11:15 – 12:00 DDMIX-SIT (Ladies Only) Sangat Centre		12:00 – 12:45 Seated & Strength Training Civic Hall <i>New time</i>
	12:00 – 12:45 Seated Yoga KHL	12:00 – 12:45 <i>New</i> Sit & Stay Fit KHL	11:15 – 12:00 Seated Zumba Gold Queens Hall, Burley-in-Wharfedale	
1:00 – 2:00 * Rethinking Pain Haworth, Baptist Church		1:15 – 2:00 <i>New time</i> Exercise & Tone (Ladies Only) BCA		
	1:15 – 2:00 Cardio Blast (Ladies Only) KAWACC	2:00 – 2:30 Movement Matters Online		
	2:45 – 3:45 * Rethinking Pain Silsden, The Hive			
	7:00 – 8:00 * Movement Matters Online	<i>* No Class October 8th & 15th</i>		