



TIMETABLE

	9:30 - 10:00	10:00 - 10:30	10:30 - 11:00	11:00 - 12:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00
MON				YOGA		HIITSTEP	PILATES
TUE					Street Dance	Disability Dance (book with BFCitC)	Clubbercise®
WED	Mini Disco	Mini Disco		BOLLYWOOD Women Only	Acro	Bums & Tums	ZUMBA
THUR	Mini Dance	Mini Dance			Dance with Jake 17:30-18:30	BOOTCAMP 18:30-19:30	BOXFIT 19:30-20:30
FRI	Mini Cheer	Mini Cheer		PILATES		HIIT	
SAT	Ballet for tots	Ballet for pre-school	Ballet for 4-6 years				

- All classes must be booked in advance via our website, phone or reception.

 Visit theleisurebox.org

 Call 01282 222380

 The Leisure Box, Northlight,
 Glen Way, Brierfield, BB9 5NH.