MON	TUE	WED	THU	FRI	SAT	SUN
07:00 - 07:30 Cardio Bike	07:00 - 07:30 Full Body Tone	07:00 - 07:30 Cardio Bike	07:00 - 07:30 Circuits	07:00 - 07:30 Cardio Bike	08:15 - 08:45 Cardio Bike	09:00 - 10:00 Yoga
08:30 - 09:00 Core Conditioning	07:45 - 08:15 Kettlebells	08:00 - 09:00 Yoga	08:00 - 08:30 Core Conditioning	08:00 - 09:00 Body Balance	08:00 - 08:45 Body Attack	09:30 - 10:15 Cardio Bike
09:00 - 10:00 Aqua	08:30 - 09:15 Legs, Bums, Tums	09:00 - 10:00 Aqua	09:25 - 10:25 Body Balance	09:25 - 10:25 Body Pump	09:00 - 10:00 Body Pump	
09:25 - 10:25 Body Pump	09:25 - 10:25 Body Balance	09:15 - 10:15 Pilates	10:30 - 11:00 Body Attack	10:30 - 11:30 Boxing HIIT	09:00 - 09:45 Cardio Bike	
10:30 - 11:15 Cardio Bike	10:30 - 11:15 Cardio Bike	10:30 - 11:15 Cardio Bike	10:30 - 11:15 Cardio Bike	10:30 - 11:15 Cardio Bike	10:10 - 11:10 Pure Stretch	
10:30 - 12:00 Yoga	10:30 - 11:15 Dance Fitness	10:15- 10:45 Body Attack	11:15 - 12:00 Body Pump	11:30 - 12:30 Buggy Bootcamp		
17:15 - 18:00 Body Step	17:20 - 18:05 Body Pump	11:00 - 11:30 Full Body Tone	17:20 - 18:05 Body Step	17:15 - 18:00 Body Pump		
17:30- 18:15 Cardio Bike	17:30 - 18:15 Cardio Bike	11:35 - 12:35 Body Balance	17:30 - 18:15 Cardio Bike	17:30 - 18:00 Cardio Bike		
18:10 - 18:55 Power Pilates	18:10 - 18:55 Body Attack	17:20 - 18:05 Kettlebells	18:10 - 19:10 Body Pump	18:15 - 19:00 Circuits		
18:30 - 19:00 Cardio Bike	18:30 - 19:00 Cardio Bike	17:30 - 18:15 Cardio Bike	18:30 - 19:00 Cardio Bike	19:10 - 20:10 Pilates		
18:30 - 19:15 Circuits	19:00 - 20:00 Body Balance	18:10 - 19:10 Body Step	19:10 - 20:10 Body Balance			
19:00 - 20:00 Pure Stretch	20:05 - 21:05 Yoga	18:30 - 19:00 Cardio Bike	20:00 - 21:00 Aqua			
		19:10 - 19:55 Body Pump				

carnbrea leisure centre

NEW TIMETABLE!

STARTING 2ND NOV 2026

BOOK VIA OUR APP

Body Pump

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

Body Step

In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

Boxing HIIT

Boxing inspired High-Intensity interval training. Bring out your inner boxer with our boxing inspired exercises to boost your cardiovascular capacity and muscular strength and endurance!

Body Balance

You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Body Attack

A high-energy, sports-inspired cardio fitness class (30, 45, or 60 mins) designed to improve endurance, speed, and agility.

Full Body Tone

A high-energy, sports-inspired cardio fitness class (30, 45, or 60 mins) designed to improve endurance, speed, and agility.

Yoga

Yoga, like life, is about finding bliss and serenity in the moment. Everyone can practice yoga. Regardless of age, experience, or level of flexibility.

Core Conditioning

Core conditioning is a 30min class focused on improving core strength with exercises that require abdominal contraction, extension, rotation and holds.

Kettlebells

Strengthen and tone your whole body! You will swing, lunge and squat your way to a more toned body whilst improving your strength, flexibility and cardiovascular endurance in our Kettlebells class.

Circuits

This high-energy circuit class takes you through a series of timed stations targeting abs,legs,arms and cardio. Members rotate from station to station,completing focused exercises that challenge strength,endurance and coordination.

Dance Fitness

An energetic dance-based workout designed to boost cardio fitness, coordination and confidence through fun routines.

Legs, Bums, Tums

Is a class targeting the lower body and core through exercises like squats, lunges, glute bridges, and crunches to improve muscle tone, balance, and burn calories

Cardio Bike

A high-intensity, low-impact group fitness session on a stationary bike designed to boost cardiovascular endurance, burn high calories (approx. 400-600 per session), and strengthen the lower body.

Pure Stretch

A low-impact sessions designed to lengthen, tone, and stabilize the entire body by combining gentle stretching techniques with core-strengthening exercises

Aqua

Combines cardiovascular training, strength exercises, and flexibility movements, often set to music. Using water resistance and tools like foam dumbbells, it provides an effective workout that is gentle on joints, making it suitable for all fitness levels and abilities.

Buggy Bootcamp

Is a safe space for new mums to attend a fitness class whilst babies stay close in their buggies. The class is a mix of cardio and resistance exercises which mum's can work at their own level and pace.

Pilates

Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back.