



BECKETT FITNESS TIMETABLE HEADINGLEY

MONDAY

BODY BLAST

7:30-8:30AM
BECKETT STUDIO

BODY BURN

12:30-1:00PM
BECKETT STUDIO

BODY BLAST

5:30-6:30PM
BECKETT STUDIO

BodyFit - WEIGHTLIFTING WITH FALLON

7:30-8:30PM
PERFORMANCE
GYM (CRI)

BodyFit - CONDITIONING WITH FALLON

8:30-9:30PM
PERFORMANCE
GYM (CRI)

TUESDAY

BODY BURN

7:30-8:00AM
BECKETT STUDIO

BODY BLAST

12:30-1:30PM
BECKETT STUDIO

BODY BURN

5:30-6:00PM
BECKETT STUDIO

BODY BEND

6:30-7:30PM
FITNESS STUDIO
3

BARBELL

7:00-8:30PM
PERFORMANCE
GYM (CRI)

WEDNESDAY

BODY BEND

7:30-8:30AM
FITNESS STUDIO
3

WOMENS LIFT WITH FALLON

1:00-2:00PM
PERFORMANCE
GYM (CRI)

BODY BLAST

5:30-6:30PM
BECKETT STUDIO

SPIN CLASS

5:30-6:30PM
FITNESS STUDIO 2

ZUMBA

6:00-7:00PM
GYM 2

BODY BURN

6:30-7:00PM
BECKETT STUDIO

BodyFit - WEIGHTLIFTING WITH FALLON

6:00-7:30PM
PERFORMANCE
GYM (CRI)

BodyFit - CONDITIONING WITH FALLON

7:30-8:30PM
PERFORMANCE
GYM (CRI)

THURSDAY

BODY BLAST

7:30-8:30AM
BECKETT STUDIO

BODY BEND

12:30-1:30PM
FITNESS STUDIO
3

BODY BURN

5:30-6:00PM
BECKETT STUDIO

BODY BEND

6:30-7:30PM
FITNESS STUDIO 3

BARBELL

7:00-8:30PM
PERFORMANCE
GYM (CRI)

FRIDAY

BODY BURN

7:30-8:00AM
BECKETT STUDIO

BODY BLAST

5:30-6:30PM
BECKETT STUDIO

BARBELL

6:00-7:30PM
PERFORMANCE
GYM (CRI)

SATURDAY

BODY BLAST

9:00-10:00AM
BECKETT STUDIO

JUNIOR S&C SESSION

9:00-10:00AM
PERFORMANCE GYM
(CRI)

BODY BURN

10:00-10:30AM
BECKETT STUDIO

BODY BEND

11:00 - 12:00PM
FITNESS STUDIO 3



LEEDS BECKETT UNIVERSITY
SPORT & ACTIVE
LIFESTYLES

BODY BLAST

This dynamic class combines a blend of strength training and metabolic conditioning to provide a complete workout! Expect to be swinging kettlebells, flowing with steel maces, performing bodyweight and plyometric movements as well as using a variety of cardiovascular ergometers.

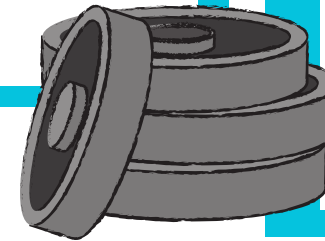
BODY BURN

The ultimate 30-minute interval training workout! Beckett Burn uses scientific principles and Myzone heart rate technology to give you individualized interval targets and training zones. This mixed mode class utilises a range of cardiovascular ergometers such as air bikes, ski erg, rowing machines and gym bikes to provide an efficient and effective way to boost your cardiovascular fitness.



BARBELL

Beckett Barbell is a strength club that provides a welcoming and supportive community for individuals of all abilities who are passionate about Olympic weightlifting, powerlifting, and strongman. Whether you are a seasoned athlete or just starting out, Beckett Barbell is a place where you can come to improve your strength, meet like-minded individuals, and be part of a thriving strength community.



SPIN

Indoor cycling, often called spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

ZUMBA

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness.

BODY BEND

The ultimate mobility class designed to help you move and feel better! This class combines elements of yoga, pilates, and gymnastics, as well as mobilisations and recovery modalities used by athletes to promote flexibility, range of motion, and recovery. Whether you are an athlete or just looking to move better in daily life, this class is suitable for all abilities.

BodyFit

A mixed modality training experience combining barbell lifting with metabolic conditioning. You can expect elements of gymnastics, olympic weightlifting and cardiovascular exercises.





BECKETT FITNESS TIMETABLE CITY

TUESDAY

VINYASA YOGA

12:30-1:30PM
CITY CAMPUS
GYM

WEDNESDAY

HATHA YOGA

12:30-1:30PM
CITY CAMPUS
GYM

THURSDAY

ASHTANGA & YIN YOGA FUSION

12:30-1:30PM
CITY CAMPUS
GYM

VINYASA YOGA

A vinyasa is a smooth transition between asanas in flowing styles of modern yoga as exercise such as Vinyasa Krama Yoga and Ashtanga Vinyasa Yoga, especially when movement is paired with the breath. The difficulty of the class depends on your own experience, strength, and flexibility.

HATHA YOGA

Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching. Building core strength, which is key to good posture, is another important aspect of this type of yoga.

ASHTANGA & YIN YOGA FUSION

A slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas that are held for longer periods of time than in other styles. Advanced practitioners may stay in one asana for five minutes or more.

