



Highdown Sports & Leisure

Classes timetable



EVERYONE WELCOME...

Pay just £5 for a HS&L class and enjoy the workout!

You don't need to be a HS&L member to join the class.

External booking prices may vary.

Please call to book
0118 9015812

Day	Time	Class	Venue	Instructor
Mondays	16:45-17:45	Boxercise	Barn	HSL Staff
	19:15-20:15	Circuits	Sports Hall	Amanda Stevens External Booking
Tuesdays	18:30-19:30	Legs Bums Tums	Barn	HSL Staff
	19:30-20:30	Yoga	Barn	HSL Staff
Wednesdays	18:00-19:00	Tang Sou Dao (First class free)	Sports hall	Nazim Gokcezade External Booking
	18:15-19:15	Bodyblitz	Barn	HSL staff
	19:15-20:00	Drum n Bass Fitness	Barn	Darren Roberts External Booking
Thursdays	18:45-19:45	Yoga	Barn	HSL
	20:00-21:00	Kickboxing	Barn	Robby Elson External booking
Friday	15:30-16:30	Boot Camp	Sports Hall	HSL staff
	18:00-19:00	Tango Sou Dao	Sports hall	Nazim Gokcezade External booking
Saturday	10:00-11:00	Yoga	Barn	Kate Cullum