

SPIN STUDIO

Our state-of-the-art Spin Studio enables **60+ spin classes per week**, with a mixture of live and virtual classes for you to choose from.



In partnership with:

LES MILLS



CLASS TIMETABLE

Now offering over 120 classes a week - 50+ Live Instructor classes, and 70+ Virtual Les Mills Instructor classes (more classes than many other facilities in the area combined)! This allows you to enjoy our fantastic new facilities at a time that suits you.

GYM OPENING TIMES

Monday: 6:30am - 10pm
Tuesday: 6:30am - 10pm
Wednesday: 6:30am - 10pm
Thursday: 6:30am - 10pm
Friday: 6:30am - 9pm
Saturday: 8am - 4pm
Sunday: 8am - 4pm
Bank Holidays: 8am - 4pm

T: 01254 824 333
E: hello@oakhill-leisure.com
W: oakhill-leisure.com
 Oakhill Leisure, Wiswell Lane, Whalley, BB7 9AF

MONDAY

Class Type	Time	Instructor	Location
NEW Sprint™ & Strength*	06:30 - 07:00	Virtual	Spin Studio & Studio 1
RPM™	07:30 - 08:20	Virtual	Spin Studio
Sprint™	09:00 - 09:30	Virtual	Spin Studio
RPM™	10:00 - 10:50	Virtual	Spin Studio
NEW Sprint™	12:00 - 12:30	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
Sprint™	14:30 - 15:00	Virtual	Spin Studio
RPM™	15:30 - 16:20	Virtual	Spin Studio
Sprint™	17:30 - 18:00	Virtual	Spin Studio
Sprint™	18:30 - 19:00	Virtual	Spin Studio
Sprint™	19:15 - 19:45	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio

TUESDAY

Sprint™	06:45 - 07:15	Virtual	Spin Studio
RPM™	08:00 - 08:50	Virtual	Spin Studio
NEW RPM™	09:10 - 10:00	Virtual	Spin Studio
Sprint™	12:15 - 12:45	Virtual	Spin Studio
RPM™	13:15 - 14:05	Virtual	Spin Studio
RPM™	14:45 - 15:35	Virtual	Spin Studio
Sprint™	17:15 - 17:45	Virtual	Spin Studio
Sprint™	19:00 - 19:30	Virtual	Spin Studio
Sprint™	19:45 - 20:15	Virtual	Spin Studio
Sprint™	20:45 - 21:15	Virtual	Spin Studio

WEDNESDAY

NEW Sprint™ & Pump*	06:30 - 07:30	Virtual	Spin Studio & Studio 1
Sprint™	08:00 - 08:30	Virtual	Spin Studio
RPM™	09:00 - 09:50	Virtual	Spin Studio
RPM™	10:30 - 11:20	Virtual	Spin Studio
Sprint™	12:00 - 12:30	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
RPM™	14:30 - 15:20	Virtual	Spin Studio
NEW Sprint™	16:00 - 16:30	Virtual	Spin Studio
Sprint™	17:30 - 18:00	Virtual	Spin Studio
RPM™	18:30 - 19:20	Virtual	Spin Studio
Sprint™	20:00 - 20:30	Virtual	Spin Studio

THURSDAY

Class Type	Time	Instructor	Location
Sprint™	06:30 - 07:00	Virtual	Spin Studio
Sprint™	07:30 - 08:00	Virtual	Spin Studio
NEW RPM™ & Pump*	08:45 - 09:45	Virtual	Spin Studio & Studio 1
Sprint™	11:15 - 11:45	Virtual	Spin Studio
Sprint™	12:00 - 12:30	Virtual	Spin Studio
Sprint™	13:00 - 13:30	Virtual	Spin Studio
RPM™	14:00 - 14:50	Virtual	Spin Studio
Sprint™	15:30 - 16:00	Virtual	Spin Studio
RPM™	16:30 - 17:20	Virtual	Spin Studio
Sprint™	18:00 - 18:30	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio

FRIDAY

Sprint™	06:30 - 07:00	Virtual	Spin Studio
RPM™	07:30 - 08:20	Virtual	Spin Studio
RPM™	09:00 - 09:50	Virtual	Spin Studio
Sprint™	12:30 - 13:00	Virtual	Spin Studio
NEW Sprint™	14:00 - 14:30	Virtual	Spin Studio
Sprint™	15:00 - 15:30	Virtual	Spin Studio
RPM™	16:00 - 16:50	Virtual	Spin Studio
Sprint™	17:30 - 18:00	Virtual	Spin Studio
Sprint™	18:30 - 19:00	Virtual	Spin Studio

SATURDAY

Sprint™	08:30 - 09:00	Virtual	Spin Studio
RPM™	09:15 - 10:05	Virtual	Spin Studio
Sprint™	11:00 - 11:30	Virtual	Spin Studio
RPM™	12:00 - 12:50	Virtual	Spin Studio
Sprint™	13:30 - 14:00	Virtual	Spin Studio
Sprint™	14:30 - 15:00	Virtual	Spin Studio

SUNDAY

Sprint™	08:30 - 09:00	Virtual	Spin Studio
RPM™	09:15 - 10:05	Virtual	Spin Studio
Sprint™	11:00 - 11:30	Virtual	Spin Studio
RPM™	12:00 - 12:50	Virtual	Spin Studio
Sprint™	13:30 - 14:00	Virtual	Spin Studio
Sprint™	14:30 - 15:00	Virtual	Spin Studio

* These classes involve 30 mins in the Spin Studio then straight over to Studio 1 for the final 30 mins

CLASSES

Whether you would like to improve on your body strength or control your breathing through Yoga, we really do have something for everyone! Keep your eye out for our latest addition of **GRIT™ by Les Mills**, a high intensity workout that has various routines for you to try.



MONDAY			
Class Type	Time	Instructor	Location
<small>NEW</small> Strength	07:00 - 07:30	Gym Staff	Studio 1
GRIT™ Strength	07:45 - 08:15	Virtual	Studio 1
BodyCombat™	08:30 - 09:30	Virtual	Studio 1
BodyPump™	10:00 - 10:45	Virtual	Studio 1
Pilates	11:00 - 12:00	Sharon	Studio 1
BodyBalance™	15:15 - 15:45	Virtual	Studio 1
Group PT	16:00 - 16:30	Gym Staff	Gym Area
Ab Attack	17:15 - 17:45	Gym Staff	Studio 1
BodyCombat™	18:30 - 19:15	Virtual	Studio 1
BodyPump™	19:30 - 20:15	Virtual	Studio 1

TUESDAY			
Class Type	Time	Instructor	Location
Barbell Club	06:30 - 07:15	Gym Staff	Studio 1
GRIT™ Athletic	07:30 - 08:15	Virtual	Studio 1
Group PT	07:30 - 08:00	Gym Staff	Gym Area
<small>NEW</small> BodyCombat™	09:00 - 09:45	Virtual	Studio 1
Pilates	10:00 - 10:50	Sharon	Studio 1
Yoga/Hatha	11:00 - 12:00	Zoe	Studio 1
Group PT	12:15 - 12:45	Gym Staff	Gym Area
GRIT™ Strength	16:00 - 16:30	Virtual	Studio 1
BodyPump™	17:15 - 17:45	Virtual	Studio 1
Yoga/Vinyasa Flow	18:00 - 19:00	Nicky	Studio 1
Kettlebells & Core	19:15 - 20:00	Gym Staff	Studio 1
BodyCombat™	20:15 - 21:15	Virtual	Studio 1

WEDNESDAY			
Class Type	Time	Instructor	Location
<small>NEW</small> Pump	07:00 - 07:30	Gym Staff	Studio 1
BodyPump™	09:00 - 09:45	Virtual	Studio 1
Calorie Burner	10:00 - 10:45	Gym Staff	Studio 1
<small>NEW</small> BodyBalance™	11:00 - 12:00	Virtual	Studio 1
Group PT	11:30 - 12:00	Gym Staff	Gym Area
BodyCombat™	13:30 - 14:15	Virtual	Studio 1
BodyPump™	15:00 - 15:45	Virtual	Studio 1
Glutes & Gains	17:15 - 18:00	Gym Staff	Studio 1
Group PT	18:15 - 18:45	Gym Staff	Gym Area
BodyCombat™	18:15 - 19:00	Virtual	Studio 1
GRIT™ Cardio	19:15 - 19:45	Virtual	Studio 1

THURSDAY			
Class Type	Time	Instructor	Location
Group PT	06:45 - 07:15	Gym Staff	Gym Area
BodyCombat™	08:15 - 09:00	Virtual	Studio 1
Pump	09:15 - 09:45	Gym Staff	Studio 1
Pilates	10:15 - 11:15	Luisa	Studio 1
GRIT™ Cardio	11:30 - 12:00	Virtual	Studio 1
GRIT™ Athletic	13:30 - 14:00	Virtual	Studio 1
BodyPump™	14:30 - 15:30	Virtual	Studio 1
GRIT™ Strength	16:00 - 16:30	Virtual	Studio 1
Group PT	16:30 - 17:00	Gym Staff	Gym Area
<small>NEW</small> Body Fight	17:15 - 18:00	Eva	Studio 1
EMOM	18:15 - 18:50	Joe	Studio 1

FRIDAY			
Class Type	Time	Instructor	Location
<small>NEW</small> Circuits	06:30 - 07:15	Gym Staff	Studio 1
Group PT	07:30 - 08:00	Gym Staff	Gym Area
<small>NEW</small> BodyBalance™	08:30 - 09:15	Gym Staff	Studio 1
Yoga	09:45 - 10:45	Zoe	Studio 1
Group PT	10:00 - 10:30	Gym Staff	Gym Area
Pilates	11:15 - 12:15	Luisa	Studio 1
GRIT™ Cardio	15:30 - 16:00	Virtual	Studio 1
Burnout	17:30 - 18:30	Gym Staff	Studio 1

SATURDAY			
Class Type	Time	Instructor	Location
GRIT™ Athletic	08:15 - 08:45	Virtual	Studio 1
<small>NEW</small> HIIT & Strength	09:00 - 10:00	Charlie	Studio 1
BodyPump™	10:15 - 11:00	Virtual	Studio 1
Group PT	11:30 - 12:00	Gym Staff	Gym Area
BodyCombat™	12:30 - 13:30	Virtual	Studio 1
BodyPump™	14:15 - 15:15	Virtual	Studio 1

SUNDAY			
Class Type	Time	Instructor	Location
GRIT™ Cardio	08:45 - 09:15	Virtual	Studio 1
<small>NEW</small> Legs, Bums & Tums	10:00 - 10:45	Eva	Studio 1
Group PT	11:30 - 12:00	Gym Staff	Gym Area
<small>NEW</small> BodyBalance™	11:45 - 12:45	Virtual	Studio 1
BodyPump™	13:15 - 14:15	Virtual	Studio 1

Personal Training

If you'd like to mix things up and include some personal training into your regime, we have a team of hugely experienced and highly qualified personal training professionals who would be more than happy to help. Our 1-2-1 personal training sessions can help to achieve the best results in the fastest, safest way possible and are perfect for those recovering from illness or injury, wanting to improve their overall fitness, increase their strength or train for a specific event. **Please call us on 01254 824 333 to discuss further.**

If you are a member, please download the **mywellness app** for free to book on to a class.

Non-members please call **01254 824 333** to book.



Available on Apple and Android devices.

