

International Women's Week 2026



Barnet Council is pleased to celebrate International Women's Day 2026, a significant annual event that honours women's achievements, raises awareness, and educates communities about gender equality. This year theme is “Give to Gain” that emphasises the importance of giving to promote gender equality and support women's opportunity. Together, we can accelerate action for gender equality.

Observed annually on March 8th, BETTER extends the celebration with a week of activities from Monday 2nd to Sunday 8th March.

Below is a list of the exciting fitness sessions happening across the borough.

BETTER activity timetable

The below sessions are free of charge for women who are FAB registered.

FAB registration is free of charge; apply here [Fit and Active Barnet | Card | Better](#)

Although classes are mainly attended by women, there is a possibility that men may attend.

Session	Day	Time	PROVIDER	Location	Booking link
Group Cycle	Monday 2 nd	8:15	BETTER	Copthall Leisure Centre Champions Way, NW4 1PX	Bookings Choose a Time Slot
Hit		12:45 (30 minutes)	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at New Barnet Leisure Centre
Aerobic		18:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Combat		20:00			
Leg's bum' & Tum's	Tuesday 3 rd	09:30	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Barnet Burnt Oak Leisure Centre
Walking Netball		13:30	BETTER	Burnt Oak Watling Avenue HA8 0NP	

Zumba	Tuesday 3rd	17:00	BETTER	Copthall Leisure Centre Champions Way, NW4 1PX	Bookings Choose a Time Slot
Group Cycle		18:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Yoga		20:15			
Core Conditioning		20:15	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at NewBarnet Leisure Centre
Step	Wednesday 4th	09:30	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Lifting Women Only		12:45		New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at New Barnet Leisure Centre
Yoga	Thursday 5th	07:15	BETTER	Finchley Lido Great North Leisure Park Chaplin Square N12 0GL	https://bookings.better.org.uk/location/finchley-lido-leisure-centre
Group Cycle	Thursday 5th	08:15			

Zumba		12:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Lifting women only		12:00		Copthall Leisure Centre Champions Way, NW4 1PX	Bookings Choose a Time Slot
Yoga		12:30			
Body Conditioni ng		13:30	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at New Barnet Leisure Centre
Leg’s bum’ & Tum’s		17:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Body Conditioning			BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at New Barnet Leisure Centre
Group Cycle		18:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Pilates		19:15	BETTER		
Yoga		20:00			
Yoga	Friday 6 th	07:15	BETTER	Finchley Lido	https://bookings.better.org.uk/location/finchley-lido-leisure-centre

				Great North Leisure Park Chaplin Square N12 0GL	
Group Cycle		08:15			
Aerobic		10:45	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Yoga		13:30	BETTER	Copthall Leisure Centre Champions Way, NW4 1PX	Bookings Choose a Time Slot
Yoga		14:45	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at New Barnet Leisure Centre
Pilates		18:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Combat	Saturday 7th	10:30			
Yoga		11:30			
Group Cycle		13:30			
Yoga	Saturday 7th	12:45	BETTER	Copthall Leisure Centre	Bookings Choose a Time Slot

				Champions Way, NW4 1PX	
Zumba	Sunday 8th	11:00	BETTER	Hendon Leisure Centre Marble Drive NW2 1XQ	Activities available at Hendon Leisure Centre
Strength		12:30	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	Activities available at New Barnet Leisure Centre