













GROUP EXERCISE TIMETABLE

WEDNESDAY 7TH AUGUST

Day	Time	Class	Location	Info
Wednesday	09:30 - 10:30	Circuits	Func Studio	
Wednesday	11:35 - 12:35	BodyBalance	Func Studio	
Wednesday	13:00 - 14:00	VinyasaFlow Yoga	Func Studio	
Wednesday	13:15 - 13:45	Indoor Cycle	Cycle Studio	
Wednesday	17:15 - 18:00	Body Combat	Func Studio	 YM
Wednesday	18:00 - 18:45	Indoor Cycle	Cycle Studio	
Wednesday	18:00 - 18:30	HIIT	Func Studio	 YM
Wednesday	19:30 - 20:30	Zumba	Func Studio	
Wednesday	19:45 - 20:30	Indoor Cycle	Cycle Studio	

All classes must be booked in advance either in person or over the telephone at reception, or on-line. Please note: No bookings will be accepted once the class has started of the advertised start time. No admittance will be allowed once the class has commenced. Thank you. To download this timetable please visit the Group Exercise page at www.sportspark.co.uk

	Cycle Classes		Cardio & Dance Classes		HIIT Classes
	Mind & Body Classes		Strength & Conditioning Classes		
	Martial Arts Classes		Aqua Classes	YM	Youth Member Class