






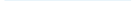












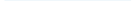









AUTUMN GROUP EXERCISE TIMETABLE






























| Day | Time | Class | Location | Info |
|---------|---------------|------------------|--------------|---|
| Monday | 07:00 - 07:30 | Indoor Cycle | Cycle Studio |  |
| Monday | 08:15 - 09:15 | Pilates | Dance Studio |  |
| Monday | 10:00 - 11:00 | Aerobics | Dance Studio |  |
| Monday | 11:00 - 12:00 | BodyPump | Dance Studio |  |
| Monday | 11:15 - 12:00 | Pilates | Func Studio |  |
| Monday | 12:05 - 13:05 | BodyBalance | Dance Studio |  |
| Monday | 12:15 - 12:45 | Indoor Cycle | Cycle Studio |  |
| Monday | 13:00 - 13:40 | Circuits | Arena |  |
| Monday | 17:30 - 18:30 | BodyPump | Dance Studio |  |
| Monday | 18:00 - 18:45 | Indoor Cycle | Cycle Studio |  |
| Monday | 18:45 - 19:45 | Zumba | Dance Studio |  YM |
| Monday | 18:45 - 19:30 | Boxercise | Func Studio |  YM |
| Monday | 19:45 - 20:45 | BodyBalance | Dance Studio |  YM |
| Monday | 20:30 - 21:15 | Indoor Cycle | Cycle Studio |  |
| Tuesday | 07:15 - 07:45 | GRIT Strength | Dance Studio |  NEW! |
| Tuesday | 09:00 - 10:00 | LBT | Dance Studio |  |
| Tuesday | 10:00 - 10:55 | Dynamic Yoga | Func Studio |  |
| Tuesday | 11:10 - 12:00 | Flow Yoga | Func Studio |  |
| Tuesday | 11:15 - 12:00 | BodyPump | Dance Studio |  |
| Tuesday | 12:15 - 12:45 | Indoor Cycle | Cycle Studio |  |
| Tuesday | 12:15 - 13:00 | Pilates | Dance Studio |  |
| Tuesday | 13:00 - 13:40 | Circuits | Arena |  |
| Tuesday | 13:00 - 13:45 | Body Sculpt | Dance Studio |  |
| Tuesday | 17:30 - 18:30 | Aerobics | Dance Studio |  YM |
| Tuesday | 18:00 - 18:45 | Indoor Cycle | Cycle Studio |  YM |
| Tuesday | 18:30 - 19:30 | Step | Dance Studio |  |
| Tuesday | 19:30 - 20:30 | Restorative Yoga | Dance Studio |  |

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

AUTUMN GROUP EXERCISE TIMETABLE



| Day | Time | Class | Location | Info |
|-----------|---------------|------------------|--------------|---|
| Wednesday | 08:15 - 09:00 | Les Mills Shapes | Dance Studio |  NEW! |
| Wednesday | 09:30 - 10:30 | Circuits | Func Studio |  |
| Wednesday | 10:30 - 11:30 | BodyPump | Dance Studio |  |
| Wednesday | 11:35 - 12:35 | BodyBalance | Dance Studio |  |
| Wednesday | 13:00 - 14:00 | VinyasaFlow Yoga | Dance Studio |  |
| Wednesday | 13:15 - 13:45 | Indoor Cycle | Cycle Studio |  |
| Wednesday | 17:30 - 18:30 | Body Combat | Dance Studio |  YM |
| Wednesday | 17:55 - 18:25 | Les Mills Tone | Func Studio |  |
| Wednesday | 18:00 - 18:45 | Indoor Cycle | Cycle Studio |  |
| Wednesday | 18:30 - 19:15 | BodyPump | Dance Studio |  |
| Wednesday | 19:30 - 20:30 | Zumba | Dance Studio |  |
| Wednesday | 19:45 - 20:30 | Indoor Cycle | Cycle Studio |  |
| Thursday | 07:00 - 08:00 | SwimFit | Pool |  |
| Thursday | 09:00 - 10:00 | Pilates | Dance Studio |  |
| Thursday | 11:00 - 11:30 | Indoor Cycle | Cycle Studio |  |
| Thursday | 11:45 - 12:45 | BodyPump | Dance Studio |  |
| Thursday | 13:00 - 13:45 | Les Mills Shapes | Func Studio |  NEW! |
| Thursday | 13:00 - 13:40 | Circuits | Arena |  |
| Thursday | 17:00 - 17:30 | GRIT Strength | Dance Studio |  NEW! |
| Thursday | 17:30 - 18:15 | Aerobics | Dance Studio |  |
| Thursday | 18:15 - 19:00 | Coach by Colour | Cycle Studio |  |
| Thursday | 18:30 - 19:30 | Fitness Pilates | Dance Studio |  |
| Thursday | 19:15 - 20:00 | Zumba | Kiff |  YM |
| Thursday | 19:30 - 20:30 | BodyCombat | Dance Studio |  |
| Friday | 06:45 - 07:30 | Circuits | Func Studio |  |
| Friday | 09:30 - 10:30 | BodyPump | Dance Studio |  |
| Friday | 10:30 - 11:30 | BodyBalance | Dance Studio |  |

-  Cycle Classes
-  Cardio & Dance Classes
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-  Strength & Conditioning Classes
-  Martial Arts Classes
-  Aqua Classes
- YM Youth Member Class

AUTUMN GROUP EXERCISE TIMETABLE



| Day | Time | Class | Location | Info |
|----------|---------------|------------------|--------------|--|
| Friday | 11:30 - 12:30 | Zumba | Dance Studio |  |
| Friday | 12:15 - 12:45 | Indoor Cycle | Cycle Studio |  |
| Friday | 12:45 - 13:30 | BodyPump | Dance Studio |  |
| Friday | 17:30 - 18:30 | Step & Tone | Dance Studio |  YM |
| Friday | 17:45 - 18:30 | Indoor Cycle | Cycle Studio |  |
| Friday | 18:30 - 19:15 | Body Balance | Dance Studio |  YM |
| Saturday | 09:15 - 10:00 | Les Mills Tone | Dance Studio |  |
| Saturday | 09:45 - 10:25 | Indoor Cycle | Cycle Studio |  |
| Saturday | 10:30 - 11:30 | BodyPump | Dance Studio |  |
| Saturday | 10:45 - 11:45 | BodyBalance | Func Studio |  YM |
| Sunday | 09:00 - 10:00 | Yoga | Dance Studio |  YM |
| Sunday | 10:15 - 11:15 | Triple Challenge | Dance Studio |  |
| Sunday | 10:30 - 11:15 | Indoor Cycle | Cycle Studio |  YM |
| Sunday | 11:30 - 12:30 | BodyPump | Dance Studio |  |

All classes must be booked in advance either in person or over the telephone at reception, or online. 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.

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