

WINTER 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	18:35 - 19:35	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	
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

WINTER GROUP EXERCISE TIMETABLE



Day	Time	Class	Location	Info
Wednesday	08:15 - 09:00	Les Mills Shapes	Dance Studio	
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 - 13:45	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	
Thursday	13:00 - 13:40	Circuits	Arena	
Thursday	17:00 - 17:30	GRIT Strength	Dance Studio	
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 - 20:15	Zumba	Kiff	YM
Thursday	19:30 - 20:30	BodyBalance	Dance Studio	NEW!
Friday	06:45 - 07:30	Circuits	Func Studio	
Friday	09:30 - 10:30	BodyPump	Dance Studio	
Friday	10:30 - 11:30	BodyBalance	Dance Studio	

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- Martial Arts Classes Aqua Classes YM Youth Member Class



WINTER GROUP EXERCISE TIMETABLE



Day	Time	Class	Location	Info
Friday	11:30 - 12:30	Zumba	Dance Studio	
Friday	12:00 - 12:30	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.

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