









GROUP EXERCISE TIMETABLE

18TH JULY - 22ND JULY

Day	Time	Class	Location	Info
Thursday	07:00 - 08:00	SwimFit	Pool	
Thursday	09:00 - 10:00	Pilates	Func Studio	
Thursday	11:00 - 11:30	Indoor Cycle	Cycle Studio	
Thursday	13:00 - 13:40	Circuits	Arena	
Thursday	18:00 - 18:45	Coach by Colour	Cycle Studio	
Thursday	19:30 - 20:30	BodyCombat	Func Studio	
Thursday	20:30 - 21:30	Zumba	Func Studio	 YM
Friday	06:45 - 07:30	Circuits	Func Studio	
Friday	07:30 - 18:30	Step & Tone	Func Studio	 YM
Friday	17:45 - 18:30	Indoor Cycle	Cycle Studio	
Friday	18:30 - 19:15	Body Balance	Func Studio	 YM
Saturday	09:15 - 10:15	BodyCombat	Dance Studio	 YM
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





GROUP EXERCISE TIMETABLE

18TH JULY - 22ND JULY

Monday	07:00 - 07:30	Indoor Cycle	Cycle Studio		
Monday	10:00 - 11:00	Aerobics	Func Studio		
Monday	11:15 - 12:00	Pilates	Func Studio		
Monday	12:05 - 13:05	BodyBalance	Func Studio		
Monday	12:15 - 12:45	Indoor Cycle	Cycle Studio		
Monday	13:00 - 13:40	Circuits	Arena		
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 - 20:45	Indoor Cycle	Cycle Studio		

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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