









MAY BANK HOLIDAY GROUP EXERCISE TIMETABLE

MONDAY 5TH MAY



SP
Sportspark

Day	Time	Class	Location	Info
Monday	07:00 - 07:30	Indoor Cycle	Cycle 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	12:15 - 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	

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

Please note:

1. No bookings will be accepted once the class has started of the advertised start time.
2. 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