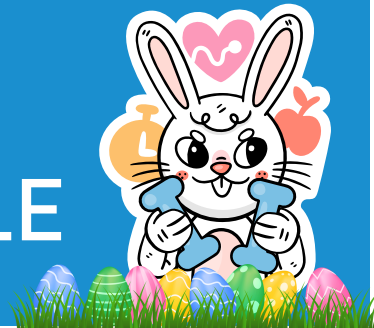






EASTER GROUP EXERCISE TIMETABLE

Friday 18th April - Monday 21st April



SP
Sportspark

Day	Time	Class	Location	Info
Friday 18th	09:30 - 10:30	BodyPump	Dance Studio	
Friday 18th	10:30 - 11:30	BodyBalance	Dance Studio	
Friday 18th	11:30 - 12:30	Zumba	Dance Studio	
Friday 18th	12:00 - 12:30	Indoor Cycle	Cycle Studio	
Friday 18th	17:30 - 18:30	Step & Tone	Dance Studio	
Friday 18th	17:45 - 18:30	Indoor Cycle	Cycle Studio	
Saturday 19th	09:15 - 10:00	Les Mills Tone	Dance Studio	
Saturday 19th	09:45 - 10:30	Indoor Cycle	Cycle Studio	
Saturday 19th	10:30 - 11:30	BodyPump	Dance Studio	
Saturday 19th	10:45 - 11:45	BodyBalance	Func Studio	 YM
Sunday 20th	09:00 - 10:00	Yoga	Dance Studio	 YM
Sunday 20th	10:15 - 11:15	Triple Challenge	Dance Studio	
Sunday 20th	10:30 - 11:15	Indoor Cycle	Cycle Studio	 YM
Sunday 20th	11:30 - 12:30	BodyPump	Dance Studio	
Monday 21st	10:00 - 11:00	Aerobics	Dance Studio	
Monday 21st	11:00 - 12:00	BodyPump	Dance Studio	
Monday 21st	11:15 - 12:00	Pilates	Func Studio	
Monday 21st	12:05 - 13:05	BodyBalance	Dance Studio	
Monday 21st	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Monday 21st	13:00 - 13:40	Circuits	Arena	
Monday 21st	17:30 - 18:30	BodyPump	Dance Studio	
Monday 21st	18:00 - 18:45	Indoor Cycle	Cycle Studio	

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