

















# GROUP EXERCISE RELAUNCH CELEBRATION

## MONDAY 29<sup>TH</sup> SEPTEMBER

**SP**  
Sportspark










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	Body Balance	Dance Studio		
Monday	12:15 - 12:45	Indoor Cycle	Cycle Studio		
Monday	13:00 - 13:40	Circuits	Arena		
Monday	13:05 - 13:50	Les Mills Shapes	Dance Studio		FREE CLASS
Monday	14:00 - 14:45	Les Mills Yoga	Dance Studio		FREE CLASS
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	Functional Studio		YM
Monday	19:35 - 20:30	BodyBalance	Dance Studio		YM
Monday	20:30 - 21:15	Indoor Cycle	Indoor Cycle		

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](http://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