

AUGUST BANK HOLIDAY GROUP EXERCISE TIMETABLE

Monday 31st August

SP
Sportspark



Day	Time	Class	Location	Info
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	13:10 - 13:55	BodyPump Heavy	Dance Studio	
Monday	17:30 - 18:30	BodyPump	Dance 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