MON

Time	Class	Studio	Instructor
06:15-06:45	Sufferfest	Studio 2	Virtual
07:00-07:45	Group Cycle	Studio 2	Fitness
08:35-09:30	Aqua	Pool	Ben
09:30-10:30	Les Mills RPM	Studio 2	Virtual
09:30-10:30	LBT	Studio 1	Lou
10:30-11:30	Pilates	Studio 1	Lou
11:15-12:00	Step & Tone	Studio 3	Chihiro
12:00-13:00	Stretch	Studio 3	Chihiro
12:15-13:00	Sufferfest	Studio 2	Virtual
12:30-13:00	Circuits	Studio 1	Fitness
14:00-14:30	Les Mills RPM	Studio 2	Virtual
17:00-18:00	Fitness Pilates	Studio 1	Lou
17:15-18:00	Sufferfest	Studio 2	Virtual
17:30-18:00	Metafit	Studio 3	Fitness
18:00-19:00	Yoga	Studio 3	Paulene
18:05-19:05	Body Combat	Studio 1	Sam
18:30-19:30	Group Cycle	Studio 2	Chris
19:00-19:45	Box Fit	Studio 3	Fitness
19:15-20:15	Body Pump	Studio 1	Emma
19:45-20:45	Con'fit'dent Circuits	Studio 3	Kate T
20:15-21:15	Body Balance	Studio 1	Emma

TUE

Time	Class	Studio	Instructor
06:15-07:00	Sufferfest	Studio 2	Virtual
07:00-07:30	Go Row	Gym	Fitness
07:00-07:45	Freestyle Yoga	Studio 1	Ben
07:15-08:00	Les Mills RPM	Studio 2	Virtual
09:15-09:45	Metafit	Studio 3	Fitness
09:25-10:25	Over 50's Fitness	Studio 1	Katy
09:30-10:00	Les Mills RPM	Studio 2	Virtual
09:45-10:45	Fitness Yoga	Studio 3	Sarah V
10:30-11:30	Pilates	Studio 1	Graham
10:45-11:30	Strength for Yoga	Studio 3	Sarah V
12:30-13:00	Group Cycle HIIT	Studio 2	Fitness
13:05-13:25	Abs Blast	Studio 1	Fitness
14:00-14:45	Sufferfest	Studio 2	Virtual
17:00-17:45	Body Attack	Studio 1	Kate
17:00-17:45	Group Cycle	Studio 2	Jo B
17:45-18:45	Pure Stretch	Studio 3	Fiona
17:50-18:50	Zumba	Studio 1	Jo B
18:00-18:45	Sufferfest	Studio 2	Virtual
18:45-19:45	LBT	Studio 3	Fiona
18:55-19:25	HIIT Circuits	Studio 1	Fitness
19:30-20:30	Body Combat	Studio 1	Neil
19:45-20:45	Body Balance	Studio 3	Fiona

WED

Time	Class	Studio	Instructor
06:15-07:00	Sufferfest	Studio 2	Virtual
07:00-07:30	Metafit	Studio 1	Fitness
07:15-08:15	Sufferfest	Studio 2	Virtual
08:45-09:30	Aqua	Pool	Angela
09:30-10:30	Sufferfest	Studio 2	Virtual
09:35-10:30	Body Pump	Studio 1	Angela
10:30-11:15	Zumba Gold	Studio 1	Angela
11:15-12:00	Stretch	Studio 3	Angela
12:15-13:00	Sufferfest	Studio 2	Virtual
12:30-13:00	Box Fit	Studio 3	Fitness
13:10-14:10	Fitness Yoga	Studio 1	Sarah
14:00-14:30	Les Mills RPM	Studio 2	Virtual
17:00-17:55	LBT	Studio 1	Lou
17:00-18:00	Zumba/Fitsteps	Studio 3	Christine
17:15-18:00	Sufferfest	Studio 2	Virtual
18:00-19:00	Pilates	Studio 1	Lou
18:05-19:05	Kettlebells	Studio 3	Mike
18:15-19:00	Group Cycle	Studio 2	Fitness
19:15-20:15	Les Mills RPM	Studio 2	Virtual
19:15-20:15	Body Pump	Studio 1	Emma
19:15-20:15	Body Attack	Studio 3	Kate

THUR

Time	Class	Studio	Instructor
06:15-07:00	Sufferfest	Studio 2	Virtual
07:00-07:45	Box Fit	Studio 1	Fitness
07:15-08:00	Les Mills RPM	Studio 2	Virtual
09:30-10:30	Body Pump	Studio 1	Katie
09:30-10:30	Les Mills RPM	Studio 2	Virtual
09:30-10:30	Over 50's Fitness	Studio 3	Katy
10:45-11:45	LBT Circuits	Studio 3	Katie
10:55-11:55	Pilates	Studio 1	Lou
12:00-13:00	Body Balance	Studio 1	Lou
12:30-13:00	Group Cycle HIIT	Studio 2	Fitness
13:05-13:25	Abs Blast	Studio 3	Fitness
13:05-14:05	LBT	Studio 1	Lou
14:00-14:45	Sufferfest	Studio 2	Virtual
17:00-18:00	Yoga	Studio 1	Sarah
17:15-18:00	Les Mills RPM	Studio 2	Virtual
17:30-18:00	Metafit	Studio 3	Fitness
18:05-19:05	Body Attack	Studio 1	Kate
18:15-19:00	Group Cycle	Studio 2	Chris
18:20-19:20	Body Balance	Studio 3	Fiona
19:15-20:00	Sufferfest	Studio 2	Virtual
19:20-20:20	Body Pump	Studio 1	Ell

FRI

Time	Class	Studio	Instructor
06:15-06:45	Sufferfest	Studio 2	Virtual
07:00-07:45	Group Cycle	Studio 2	Jo B
08:40-09:25	Aqua	Pool	Jo B
09:30-10:15	Group Cycle	Studio 2	Fitness
09:30-10:30	LBT/Stretch	Studio 1	Lou
10:30-11:00	Fitness Pilates	Studio 1	Lou
11:00-12:00	Body Balance	Studio 1	Lou
11:00-12:00	Zumba (starts Jan 10)	Studio 3	Caroline
12:00-13:00	LBT	Studio 1	Lou
12:00-12:45	Sufferfest	Studio 2	Virtual
12:30-13:00	Metafit	Studio 3	Fitness
13:05-14:05	Over 50's Body Pump	Studio 1	Angela
14:00-14:30	Les Mills RPM	Studio 2	Virtual
17:15-18:15	Sufferfest	Studio 2	Virtual
17:30-18:30	Body Pump	Studio 1	Angela
17:30-18:30	Kettlebells	Studio 3	Mike
18:30-19:15	Les Mills RPM	Studio 2	Virtual
18:30-19:00	Metafit	Studio 1	Fitness
18:35-19:35	Stretch & Relax	Studio 3	Angela
19:10-20:10	Body Combat	Studio 1	Sam

SAT

Time	Class	Studio	Instructor
08:00-09:00	Sufferfest	Studio 2	Virtual
08:30-09:15	Gym Circuits	Gym	Fitness
09:00-10:00	Body Attack	Studio 1	Neil
10:00-11:00	Group Cycle	Studio 2	Alice
10:05-11:05	Zumba/Fitsteps	Studio 1	Christine
11:10-12:10	Body Pump	Studio 1	Chihiro
11:15-12:15	Sufferfest	Studio 2	Virtual
12:15-13:15	Body Balance	Studio 1	Fiona
13:15-14:00	Les Mills RPM	Studio 2	Virtual
17:15-18:00	Les Mills RPM	Studio 2	Virtual

SUN

Time	Class	Studio	Instructor
07:45-08:45	Sufferfest	Studio 2	Virtual
09:00-09:45	Go Row	Gym	Fitness
09:00-10:00	Body Pump	Studio 1	Sam
10:15-11:15	Body Combat	Studio 1	Sam
11:15-12:15	Sufferfest	Studio 2	Virtual
11:30-12:15	Circuits	Studio 1	Fitness
12:30-13:15	Les Mills RPM	Studio 2	Virtual
17:15-18:00	Les Mills RPM	Studio 2	Virtual
17:30-18:30	Body Attack	Studio 1	Chihiro

STUDIO ETIQUETTE

- Members must book on to classes they wish to attend. Bookings for classes open 7 days in advance.
- On the day of the class the member must collect a ticket before the advertised class start time. They can do this via reception or the fast track kiosk.
- Members will be denied access and no further tickets will be printed once the advertised start time has passed.
- Studio Instructors will collect tickets from all members; any members who fail to present a valid ticket will be denied access to the class.
- Members who fail to attend and do not give sufficient notice will be taken note of, should a member get 3 notes in a 2 week period their prior booking rights will be removed for 2 weeks.
- A sufficient notice is classified as any time before the advertised start time of the class.
- Members will be notified when they have failed to turn up to a class via e–mail.
- The studio doors will be locked from the advertised start time of the class to ensure no further admittance to the class.
- Classes before 1700 Monday–Friday and all classes at the weekend are available for non–members to book 3 days in advance. Please call 01904 325751 to book a space.

You can book your classes online or via our app available on Apple or Google. Please ask staff for more details or visit our website ***www.york–sport.com***.

This policy has been implemented after feedback from members about our classes, start times and booking procedures and has been brought in line to ensure a fair experience for all at York Sport whilst ensuring members can access the classes in a safe manner.

From time to time the timetable may be subject to change due to events, galas and public holidays. Every effort will be made to provide advance notice of any alterations to the established programme which will be advertised.

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