

York Sport
Inspiring activity

YORK SPORT CENTRE FITNESS CLASSES

1 October – 14 December 2018

OPENING TIMES

Monday to Friday
06:30–22:00

Saturday
09:00–19:00

Sunday
09:00–20:00

York Sport Centre

Heslington West

York YO10 5NA

01904 323855/6



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www.york-sport.com

MONDAY

Time	Class	Location	Instructor
07:30–08:15	Spin	Studio	Mike
12:00–13:00	Fitness Yoga	Studio	Sigourney
17:10–17:55	Barre	Studio	Hannah
18:00–18:45	Box Fit	Studio	Isla

TUESDAY

Time	Class	Location	Instructor
12:00–13:00	Fitness Yoga	Studio	Sigourney
17:15–17:50	Spin	Studio	Hannah

WEDNESDAY

Time	Class	Location	Instructor
07:30–08:15	Box Fit	Studio	Mike

THURSDAY

Time	Class	Location	Instructor
12:00–13:00	Barre	Studio	Steph
17:10–17:50	Spin	Studio	Mike

FRIDAY

Time	Class	Location	Instructor
12:00–12:45	Pilates	Studio	Jo B
17:15–18:00	Yoga	Studio	Julia