



YORK SPORT CENTRE FITNESS CLASSES

2 January - 18 April 2019

Heslington West
York YO10 5NA

01904 323855
01904 323856

Monday to Friday
06:30–22:00

Saturday
09:00–19:00

Sunday
09:00–20:00

info@york-sport.com
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	Body Balance	Studio	Chihiro
18:00–18:45	Box Fit	Studio	Isla

TUESDAY

Time	Class	Location	Instructor
12:00–13:00	Fitness Yoga	Studio	Sigourney
17:10–17:50	Spin	Studio	Dan

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	Body Attack	Studio	Katie