

# Live-stream timetable



With our York Sport Wellness app you can train with your favourite instructors at home or on the go. You can also chat to other participants before and after the class, meaning you don't miss out on the class social!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Body Attack</b> <i>with Chihiro</i> 17:00 -17:45	<b>Zumba</b> <i>with Jo B</i> 17:00 -17:55	<b>Body Attack</b> <i>with Kate</i> 17:00-17:45	<b>LBT</b> <i>with Ben</i> 17:00-17:45	<b>Dance Aerobics</b> <i>with Ben</i> 11:30 -12:15	<b>Pilates</b> <i>with Jo B</i> 09:30 -10:15	<b>LBT</b> <i>with Ben</i> 09:30 -10:15
<b>Body Balance</b> <i>with Lou</i> 18:30 -18:00	<b>Fitness Yoga</b> <i>with Emma</i> 18:30-19:15	<b>Stretch</b> <i>with Chihiro</i> 18:30 -19:15	<b>Fitness Yoga</b> <i>with Emma</i> 18:30 -19:15	<b>Body Combat</b> <i>with Ben</i> 17:00 -17:45		<b>Stretch</b> <i>with Ben</i> 11:00 -11:45
				<b>Body Balance</b> <i>with Lou</i> 18:30 -19:15		

## On-Demand Classes

You can watch our fitness classes on-demand, meaning you can do a class whenever and wherever suits you! We will upload a variety of classes with your favourite York Sport instructors, ready for you stream and stay active.

To watch an On-Demand workout, just click the 'On-Demand Classes' tile on the York Sport Wellness app, and click choose the class or workout you want to do.