

CLASS TIMETABLE

Classes restart at the York Sport Village on 17th August.
Due to social distancing guidelines, class sizes have been reduced.
All classes are 45 minutes.

MONDAY

7:30	Body Combat	Hannah	Studio 1
7:30	Group Cycle	Mike	Studio 3
10:00	LBT	Lou	Studio 1
10:00	Stretch	Chihiro	Studio 3
12:30	Pilates	Lou	Studio 1
12:30	Body Attack	Katie	Studio 3
16:00	Body Combat	Ben	Studio 1
16:00	Pure Stretch	Emma	Studio 3
18:30	Body Pump	Emma	Studio 1
18:30	Yoga	Paulene	Studio 3

TUESDAY

7:30	Yoga	Katy	Studio 1
7:30	Body Attack	Kate	Studio 3
10:00	Over 50's Fitness	Katy	Studio 1
12:30	LBT	Chihiro	Studio 1
16:00	Body Attack	Kate	Studio 1
16:00	Group Cycle	Chris K	Studio 3
18:30	Body Combat	Neil	Studio 1
18:30	Group Cycle	Jo B	Studio 3

WEDNESDAY

7:30	Group Cycle	Jo B	Studio 3
10:00	Body Pump	Ben	Studio 1
10:00	Over 50's LBT	Lou	Studio 3
12:30	Yoga	Ben	Studio 1
16:00	LBT	Kate	Studio 1
16:00	Kettlebells	Ben	Studio 3
18:30	Body Pump	Emma	Studio 1
18:30	Body Combat	Sam	Studio 3

THURSDAY

7:30	Body Pump	Katie	Studio 1
7:30	LBT	Kate	Studio 3
10:00	Over 50's Fitness	Katy	Studio 1
10:00	Yoga	Ben	Studio 3
12:30	LBT	Lou	Studio 1
16:00	Body Combat	Ben	Studio 1
16:00	Group Cycle	Chris K	Studio 3
18:30	LBT	Fiona	Studio 1
18:30	Body Pump	Elle	Studio 3



FRIDAY

7:30	Group Cycle	Jo B	Studio 3
10:00	Over 50's Pump	Ben	Studio 1
10:00	NEW Zumba	Caroline	Studio 3
12:30	Pilates	Lou	Studio 1
16:00	Pure Stretch	Emma	Studio 1
16:00	Kettlebells	Mike	Studio 3
18:30	Body Pump	Emma/Sam	Studio 1
18:30	Body Attack	Kate	Studio 3

SATURDAY

9:00	Body Pump	Chihiro	Studio 1
9:00	Body Attack	Neil	Studio 3
11:00	Body Pump	Emma	Studio 1
11:00	Zumba	Christine	Studio 3

SUNDAY

9:00	Body Pump	Sam	Studio 1
11:00	Body Combat	Sam	Studio 1

You can book classes online or via the York Sport Wellness app upto 3 days in advance!

