

CLASS TIMETABLE

Due to social distancing guidelines, class sizes have been reduced.
All classes are 45 minutes.

MONDAY

7:00	Group Cycle	Fitness Team	Studio 3
10:00	LBT	Lou	Studio 1
12:30	Pilates	Lou	Studio 1
12:30	MetaFit	Fitness Team	Studio 3
17:00	Body Combat	Ben	Studio 1
17:00	Group Cycle	Chris K	Studio 3
18:15	Body Pump	Emma	Studio 1
18:15	Body Attack	Chihiro	Studio 3
19:30	Body Pump	Elle	Studio 1
19:30	Yoga	Pauline	Studio 3

TUESDAY

7:30	Body Pump	Katie	Studio 1
7:30	MetaFit	Fitness Team	Studio 3
10:00	Over 50's Fitness	Katy	Studio 1
12:30	LBT	Chihiro	Studio 1
12:30	HIIT Cycle	Fitness Team	Studio 3
17:00	Body Attack	Kate L	Studio 1
17:00	Group Cycle	Chris K	Studio 3
18:15	Body Combat	Neil	Studio 1
18:15	Zumba	Jo B	Studio 3
19:30	Body Balance	Neil	Studio 1
19:30	Group Cycle	Jo B	Studio 3

WEDNESDAY

7:00	Group Cycle	Fitness Team	Studio 3
10:00	Body Pump	Ben	Studio 1
10:00	LBT	Lou	Studio 3
12:30	Dance Fit	Ben	Studio 1
12:30	MetaFit	Fitness Team	Studio 3
17:00	Kettlebells	Ben	Studio 1
18:15	Body Pump	Emma	Studio 1
18:15	Body Combat	Sam	Studio 3
19:30	Body Attack	Kate	Studio 1
19:30	Body Balance	Emma	Studio 3

THURSDAY

7:00	Body Pump	Katie	Studio 1
7:00	MetaFit	Fitness Team	Studio 3
10:00	Over 50's Fitness	Katy	Studio 1
12:30	LBT	Lou	Studio 1
12:30	HIIT Cycle	Fitness Team	Studio 3
17:00	Body Combat	Ben	Studio 1
17:00	Group Cycle	Chris K	Studio 3
18:15	Body Pump	Elle	Studio 1
18:15	Body Balance	Fiona	Studio 3
19:30	LBT	Fiona	Studio 1
19:30	Group Cycle	Mike	Studio 3

FRIDAY

7:00	Group Cycle	Jo B	Studio 3
9:15	Group Cycle	Fitness Team	Studio 3
10:00	Zumba	Caroline	Studio 1
12:30	Pilates	Lou	Studio 1
12:30	MetaFit	Fitness Team	Studio 3
17:00	Kettlebells	Mike	Studio 1
17:00	Body Balance	Emma	Studio 3
18:15	Body Pump	Emma/Sam	Studio 1
18:15	Body Attack	Kate	Studio 3

SATURDAY

9:00	Body Pump	Chihiro	Studio 1
9:00	Body Attack	Neil	Studio 3
10:15	Body Pump	Emma	Studio 1
11:00	Zumba/FitSteps	Christine	Studio 3

SUNDAY

9:00	Body Pump	Sam	Studio 1
10:15	Body Combat	Sam	Studio 1

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

