

Lockdown Live Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Body Pump with Kate 07:00 -07:45		Body Pump with Kate 07:00 -07:45		Body Attack with Kate 09:00 -09:45	LBT with Ben 09:30 -10:15
Stretch with Lou 10:00 -10:45	Over 50's Fitness with Katy 10:00 -10:45	Body Pump with Ben 10:00 -10:45	Over 50's Fitness with Ben 10:00 -10:45	Dance Fit with Ben 10:00 -10:45	Body Pump with Emma 10:15 -11:00	Stretch with Ben 10:30 -11:15
	LBT with Chihiro 11:00-11:45	Over 50's Fitness with Ben 11:00-11:45	Yoga with Ben 11:00-11:45		Zumba/Fitsteps with Christine 11:15 -12:00	
Pilates with Lou 12:30-13:15	Body Pump with Chihiro 12:30-13:15	Dance Fit with Ben 12:30-13:15	Stretch with Lou 12:30-13:15	Pilates with Lou 12:30-13:15		
Body Combat with Ben 17:00-17:45	Body Attack with Kate L 17:00-17:45	Circuits with Ben 17:00-17:45	Body Combat with Ben 17:00-17:45	Body Balance with Emma 17:00-17:45		
Body Attack with Chihiro 18:15-19:00	Dance Aerobics with Ben 18:15-19:00	Body Pump with Emma 18:15-19:00	Body Pump with Elle 18:15-19:00	Body Attack with Kate 18:15-19:00		
Body Pump with Elle 19:30-20:15	Body Balance with Emma 19:30-20:15	Body Attack with Kate 19:30-20:15	LBT with Fiona 19:30-20:15			

All of your live classes are available on the York Sport Wellness app.

Click the hand for more details!

