

OUTDOOR FITNESS CLASS TIMETABLE

AT YORK SPORT VILLAGE

MARCH 29TH - MAY 17TH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Group Cycle <i>with Dan</i>	Metafit <i>with Dan</i>	Group Cycle <i>with Dan</i>	Metafit <i>with Dan</i>	Group Cycle <i>with Jo B</i>
07:00 -07:30	07:00 -07:30	07:00 -07:30	07:00 -07:30	07:00 -07:30
Body Attack <i>with Neil</i>	Spin <i>with Chris</i>	Zumba/Fitsteps <i>with Christine</i>	Spin <i>with Jo B</i>	LBT <i>with Chihiro</i>
17:00 -17:45	17:00 -17:45	17:00 -17:45	17:00 -17:45	17:00 -17:45
Body Pump <i>with Emma</i>	Body Combat <i>with Ben</i>	LBT <i>with Fiona</i>	Body Pump <i>with Emma</i>	Spin <i>with Chris</i>
18:00 -18:45	18:00 -18:45	18:00 -18:45	18:00 -18:45	18:00 -18:45
Body Combat <i>with Ben</i>	Body Pump <i>with Ben</i>	Body Combat <i>with Sam</i>	Circuits <i>with Mike</i>	Circuits <i>with Mike</i>
19:00 -19:45	19:00 -19:45	19:00 -19:45	19:00 -19:45	19:00 -19:45

*Starts April 30th