

MON

Time	Class	Studio	Instructor	Online
07:00-07:45	Group Cycle	Studio 2	Fitness	
09:30-10:15	LBT	Studio 1	Lou	
10:25-11:25	Pilates	Studio 1	Lou	
11:15-12:15	Barre	Studio 3	Katy	📶
12:30-13:00	Circuits	Studio 1	Fitness	
12:30-13:30	Yoga	Studio 3	Katy	📶
17:00-18:00	Body Attack	Studio 1	Katie	
17:00-18:00	Group Cycle	Studio 2	Chris	
17:15-17:45	Metafit	Studio 3	Huw	
18:10-19:10	Body Combat	Studio 1	Sam	
18:10-19:10	Yoga	Studio 3	Paulene	📶
19:20-20:20	Body Pump	Studio 1	Emma	

TUE

Time	Class	Studio	Instructor	Online
07:00-07:45	Body Pump	Studio 1	Katie	
07:00-07:45	BOX HIIT	Studio 3	Fitness	
09:30-10:30	Over 50's Fitness	Studio 3	Ben	📶
10:35-11:20	Stretch	Studio 3	Ben	📶
12:30-13:15	Body Pump	Studio 1	Kate	
12:30-13:00	Group Cycle	Studio 2	Fitness	
13:05-13:25	Abs Blast	Studio 3	Fitness	
17:00-18:00	Body Attack	Studio 1	Kate	
17:00-17:45	Group Cycle	Studio 2	Jo B	
18:10-19:10	Zumba	Studio 1	Jo B	
18:10-19:10	Body Combat	Studio 3	Neil	📶
19:20-20:20	LBT	Studio 1	Fiona	
19:20-20:20	Body Balance	Studio 3	Neil	📶

WED

Time	Class	Studio	Instructor	Online
07:00-07:45	Group Cycle	Studio 2	Fitness	
08:40-09:25	Aqua (6 October)	Pool	Ben	
09:55-10:55	LBT	Studio 3	Lou	📶
10:00-10:45	Body Pump	Studio 1	Ben	
11:00-11:45	Over 50's Fitness	Studio 3	Ben	📶
12:30-13:00	HIIT	Studio 1	Fitness	
17:15-17:45	Metafit	Studio 1	Huw	
17:00-18:00	Kettlebells	Studio 3	Ben	📶
18:00-18:45	Group Cycle	Studio 2	Mike	
18:10-19:10	Body Pump	Studio 1	Emma	
18:10-19:10	Body Combat	Studio 3	Sam	
19:20-20:20	Body Balance	Studio 1	Emma	
19:20-20:20	Body Attack	Studio 3	Kate	📶

THUR

Time	Class	Studio	Instructor	Online
07:00-07:45	Body Pump	Studio 1	Katie	
07:00-07:30	HIIT	Studio 3	Fitness	
09:30-10:15	Over 50's Fitness	Studio 3	Ben	📶
10:20-11:20	Yoga	Studio 3	Ben	📶
12:30-13:00	Group Cycle	Studio 2	Fitness	
12:30-13:30	LBT	Studio 1	Lou	
13:05-13:25	Abs Blast	Studio 3	Fitness	
17:00-18:00	Circuits	Studio 1	Ben	
17:00-17:45	Group Cycle	Studio 2	Chris	
17:00-18:00	Body Combat	Studio 3	Danny	📶
18:00-18:45	Group Cycle	Studio 2	Alice	
18:10-19:10	Body Pump	Studio 1	Elle	
18:10-19:10	Body Balance	Studio 3	Fiona	📶
19:20-20:20	Body Attack	Studio 1	Elle	
19:20-20:20	Zumba Fitsteps	Studio 3	Christine	📶

FRI

Time	Class	Studio	Instructor	Online
07:00-07:45	Group Cycle	Studio 2	Jo B	
09:30-10:15	Group Cycle	Studio 2	Fitness	
10:00-10:45	Dance Fit	Studio 3	Ben	📶
12:30-13:00	BOX HIIT	Studio 1	Fitness	
12:30-13:30	Pilates	Studio 3	Lou	📶
17:00-18:00	Body Balance	Studio 1	Emma	
17:00-18:00	Kettlebells	Studio 3	Mike	📶
18:10-19:10	Body Pump	Studio 1	Sam	
18:10-19:10	Body Attack	Studio 3	Kate	📶
19:20-20:20	Body Combat	Studio 1	Sam	

SAT

Time	Class	Studio	Instructor	Online
09:00-10:00	Body Attack	Studio 3	Neil	📶
09:00-10:00	Body Pump	Studio 1	Emma	
10:10-11:10	Zumba/Fitsteps	Studio 1	Christine	
10:10-11:10	Body Balance	Studio 3	Emma	📶
10:15-11:15	Group Cycle	Studio 2	Chris	

SUN

Time	Class	Studio	Instructor	Online
09:00-10:00	Body Pump	Studio 1	Sam	
09:15-10:15	LBT	Studio 3	Fiona	📶
10:15-11:15	Body Combat	Studio 1	Sam	
10:20-11:20	Body Balance	Studio 3	Fiona	📶

STUDIO ETIQUETTE

- Members must book on to classes they wish to attend. Bookings for classes open 7 days in advance.
- On the day of the class the member must collect a ticket before the advertised class start time. They can do this via reception or the fast track kiosk.
- Members will be denied access and no further tickets will be printed once the advertised start time has passed.
- Studio Instructors will collect tickets from all members; any members who fail to present a valid ticket will be denied access to the class.
- Members who fail to attend and do not give sufficient notice will be taken note of, should a member get 3 notes in a 2 week period their prior booking rights will be removed for 2 weeks.
- A sufficient notice is classified as any time before the advertised start time of the class.
- Members will be notified when they have failed to turn up to a class via e-mail.

- The studio doors will be locked from the advertised start time of the class to ensure no further admittance to the class.
- Classes before 1700 Monday–Friday and all classes at the weekend are available for non-members to book 3 days in advance. Please call 01904 325751 to book a space.

You can book your classes online or via our app available on Apple or Google. Please ask staff for more details or visit our website www.york-sport.com.

This policy has been implemented after feedback from members about our classes, start times and booking procedures and has been brought in line to ensure a fair experience for all at York Sport whilst ensuring members can access the classes in a safe manner.

From time to time the timetable may be subject to change due to events, galas and public holidays. Every effort will be made to provide advance notice of any alterations to the established programme which will be advertised.

📶 Don't forget classes are available online.