

## MONDAY

Time	Class	Area
07:00–08:00	Team Beats	Team Beats Studio
07:00–12:00	YUSU Boat Club	Ergo Room
12:30–13:30	Team Beats	Team Beats Studio
16:00–20:00	YUSU Boat Club	Ergo Room
18:00–19:00	Team Beats	Team Beats Studio

## TUESDAY

Time	Class	Area
07:00–12:00	YUSU Boat Club	Ergo Room
18:00–19:00	Team Beats	Team Beats Studio
19:30–20:30	YUSU Handball	Team Beats Studio

## WEDNESDAY

Time	Class	Area
07:00–12:00	YUSU Boat Club	Ergo Room
14:00–16:00	YUSU Barbell Club	Racks 5–7 Racks 8–10 Olympic Platform
14:00–18:00	YUSU Boat Club	Ergo Room
18:00–19:00	Team Beats	Team Beats Studio
18:30–20:30	York Futsal	Racks 5–7

## THURSDAY

Time	Class	Area
07:00–08:00	Team Beats	Team Beats Studio
12:30–13:30	Team Beats	Team Beats Studio
16:00–20:00	YUSU Boat Club	Ergo Room
18:00–19:00	Team Beats	Team Beats Studio
19:00–20:00	York Tri Club	Racks 5–7
20:00–21:00	YUSU Hockey	Ergo Room

## FRIDAY

Time	Class	Area
07:00–12:00	YUSU Boat Club	Ergo Room
16:00–20:00	YUSU Boat Club	Ergo Room
16:30–17:30	YUSU Netball	Team Beats Studio
18:00–19:00	Team Beats	Team Beats Studio
19:30–20:30	York Futsal	Racks 5–7
20:30–21:30	Women's and non-binary session	Whole gym

## SATURDAY

Time	Class	Area
10:00–11:00	Team Beats	Team Beats Studio
11:30–12:30	YUSU Women's Football	Team Beats Studio
12:30–13:30	YUSU Fencing S+C	Ergo Room

## SUNDAY

Time	Class	Area
09:00–10:00	Women's and non-binary session	Whole gym
12:00–16:00	YUSU Boat Club	Ergo Room
13:00–14:00	Team Beats	Team Beats Studio

## STUDIO ETIQUETTE

- Members must book on to classes they wish to attend. Bookings for classes open seven 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.
- 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 three notes in a two week period their prior booking rights will be removed for two 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 closed from the advertised start time of the class to ensure no further admittance to the class.

Classes are available for nonmembers to attend and can be booked 2 days in advance. Please call 01904 323856 to book a space.

*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.'*

*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*

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