

YORK SPORT CENTRE GYM TIMETABLE

MONDAY		
TIME	CLASS	AREA
07:00–11:00	YUSU BOAT CLUB	ERGO ROOM
08:00–10:00	YUSU CLUB S&C	RACKS 8, 10-11, 13, 15 GREEN TRACK
16:00–20:00	YUSU BOAT CLUB	ERGO ROOM

TUESDAY		
TIME	CLASS	AREA
07:00–12:00	YUSU BOAT CLUB	ERGO ROOM

WEDNESDAY		
TIME	CLASS	AREA
07:00–12:00	YUSU BOAT CLUB	ERGO ROOM
14:00–16:00	YUSU BARBELL CLUB	Racks 5–10 Olympic Platform
14:00–18:00	YUSU BOAT CLUB	ERGO ROOM
18:30–20:30	YORK FUTSAL	RACKS 8, 10-11

THURSDAY		
TIME	CLASS	AREA
09:00–10:00	YUSU CLUB S&C	RACKS 8, 10-11, 13, 15 GREEN TRACK
16:00–19:00	YUSU BOAT CLUB	ERGO ROOM
19:00–20:00	YORK TRIATHLON CLUB	RACKS 9, 10, 11 GREEN TRACK

FRIDAY		
TIME	CLASS	AREA
07:00–11:00	YUSU BOAT CLUB	ERGO ROOM
16:00–20:00	YUSU BOAT CLUB	ERGO ROOM
19:30–20:30	YORK FUTSAL	RACKS 8, 10-11

SATURDAY		
TIME	CLASS	AREA
09:00–10:00	YUSU CLUB S&C	RACKS 8, 10-11, 13, 15 GREEN TRACK
SUNDAY		
TIME	CLASS	AREA
09:00–10:30	WOMEN & NON-BINARY SESSION	WHOLE GYM
15:00–17:00	YUSU BOAT CLUB	ERGO ROOM

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.
- Every Sunday morning, there is a full York Sport Centre gym closure between 9am to 10am for Women & Non-Binary Sessions. To book onto these sessions, please visit the York Sport Bookings Hub.

Classes are available for non-members 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.

