

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
06:15-06:45	Group Cycle	Studio 2	Virtual
07:00-07:45	Group Cycle	Studio 2	Clare
07:00-07:45	Circuits	Studio 1	Heather
09:30-10:15	Legs, Bums and Tums	Studio 1	Lou
10:00-10:45	Beginners' Group Cycle	Studio 2	Jo B
10:25-11:25	Pilates	Studio 1	Lou
11:35-12:30	Over 50s	Studio 3	Heather
11:45-12:15	Group Cycle Virtual	Studio 2	Virtual
12:30-13:30	Circuits	Studio 1	Felix
12:35-13:30	Yoga	Studio 3	Heather
13:30-14:00	Virtual Pilates	Studio 2	Virtual
14:15-14:45	Virtual Pilates	Studio 2	Virtual
15:00-15:30	Virtual Yoga	Studio 2	Virtual
17:15-18:00	Body Attack	Studio 1	Fiona
17:30-18:00	Metafit	Studio 3	Huw
17:30-18:30	Group Cycle	Studio 2	Chris
18:00-19:00	Outdoor Conditioning	3G Pitch	Dan
18:05-19:05	Body Combat	Studio 1	Sam
18:10-19:10	Yoga	Studio 3	Paulene
19:15-20:15	Body Pump	Studio 1	Sam
19:20-20:20	Shapes	Studio 3	Kate
20:00-20:45	Group Cycle Virtual	Studio 2	Virtual
21:00-21:45	Group Cycle Virtual	Studio 2	Virtual

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
06:15-06:45	Group Cycle Virtual	Studio 2	Virtual
07:00-07:45	Group Cycle Virtual	Studio 2	Virtual
07:00-07:45	Gym Circuits	Gym	Fitness Team
08:40-09:25	Aqua	Pool	Jo B
09:30-10:15	Group Cycle Virtual	Studio 2	Virtual
09:35-10:35	Over 50s	Studio 1	Jo B
10:40-11:35	Stretch/Pilates	Studio 1	Jo B
11:45-12:45	Body Pump	Studio 1	Lena
12:30-13:00	Group Cycle	Studio 2	Heather
12:50-13:45	Zumba	Studio 1	Becky
13:05-13:25	Abs	Studio 3	Heather
13:30-14:15	Group Cycle Virtual	Studio 2	Virtual
15:00-15:45	Group Cycle Virtual	Studio 2	Virtual
17:15-18:15	Body Pump	Studio 1	Georgia
17:30-18:15	Body Combat	Studio 3	Neil
17:30-18:15	Group Cycle	Studio 2	Jo
18:20-19:20	Zumba	Studio 1	Jo B
18:20-19:20	Body Balance	Studio 3	Neil
19:30-20:30	Box Fit	Studio 3	Heather
19:30-20:00	Virtual Pilates	Studio 2	Virtual
19:30-20:30	Shapes	Studio 1	Helen
20:15-20:45	Virtual Yoga	Studio 2	Virtual

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
06:15-06:45	Group Cycle Virtual	Studio 2	Virtual
07:00-07:45	Group Cycle	Studio 2	Simon
07:00-07:45	Gym Circuits	Gym	Fitness Team
09:10-09:55	Fitness Pilates	Studio 1	Lou
09:30-10:30	Over 50s	Studio 3	Jo
10:00-11:00	Legs, Bums and Tums	Studio 1	Lou
11:30-12:15	Dance Fit	Studio 1	Izzy
11:30-12:30	Fitness Pilates	Studio 3	Jo
12:30-13:15	Shapes	Studio 1	Kate
17:20-18:15	Zumba	Studio 1	Becky
18:15-19:00	Group Cycle	Studio 2	Huw
18:30-19:30	Body Pump	Studio 1	Emma
18:30-19:30	Body Combat	Studio 3	Sam
19:35-20:35	Body Balance	Studio 1	Emma
19:35-20:20	Legs, Bums and Tums	Studio 3	Fiona
20:00-20:45	Group Cycle Virtual	Studio 2	Virtual
20:25-21:10	Shapes	Studio 3	Fiona
21:00-21:45	Group Cycle Virtual	Studio 2	Virtual

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
06:15-06:45	Group Cycle Virtual	Studio 2	Virtual
07:00-07:45	Group Cycle Virtual	Studio 2	Virtual
07:00-07:45	Body Pump	Studio 1	Kate
07:55-08:40	Box Fit	Studio 1	Heather
09:30-10:15	Over 50s	Studio 1	Jo B
09:30-10:15	Group Cycle Virtual	Studio 2	Virtual
10:20-11:20	Pilates Miniball	Studio 1	Jo B
11:30-12:15	Zumba	Studio 1	Jo B
11:50-12:20	Group Cycle	Studio 2	Fitness Team
12:00-12:45	Aqua	Pool	Heather
12:30-12:50	Abs	Studio 3	Fitness Team
12:30-13:30	Legs, Bums and Tums	Studio 1	Lou
13:30-14:15	Group Cycle Virtual	Studio 2	Virtual
15:00-15:45	Group Cycle Virtual	Studio 2	Virtual
17:15-18:00	Group Cycle	Studio 2	Chris
17:20-18:20	Shapes	Studio 1	Emma
18:25-19:25	Body Pump	Studio 1	Kinga
18:25-19:25	Body Attack	Studio 3	Fiona
19:30-20:30	Body Combat*	Studio 1	Kinga
19:30-20:30	Body Balance	Studio 3	Fiona
20:30-21:00	Virtual Pilates	Studio 2	Virtual
21:00-21:30	Virtual Yoga	Studio 2	Virtual

* Starts 16th April 2026

FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
06:15-06:45	Group Cycle Virtual	Studio 2	Virtual
07:00-07:45	Group Cycle	Studio 2	Jo
07:00-07:45	Gym Circuits	Gym	Fitness Team
08:40-09:25	Aqua	Pool	Jo B
09:30-10:15	Group Cycle	Studio 2	Heather
09:35-10:20	Zumba	Studio 1	Jo B
10:30-11:30	Yoga	Studio 1	Ben
10:40-11:25	Over 50s Circuits	Studio 3	Jo B
11:30-12:00	Group Cycle Virtual	Studio 2	Virtual
12:00-12:45	Fitness Pilates	Studio 1	Lou
12:50-13:35	Stretch	Studio 1	Lou
13:30-14:15	Group Cycle Virtual	Studio 2	Virtual
15:00-15:45	Group Cycle Virtual	Studio 2	Virtual
17:15-18:15	Body Balance	Studio 1	Emma
17:40-18:25	Body Attack	Studio 3	Kate
18:25-19:25	Body Pump	Studio 1	Sam
18:30-19:15	Group Cycle	Studio 2	Clare
18:30-19:25	Shapes	Studio 3	Kate
19:30-20:15	Dance Fit	Studio 3	Izzy
19:30-20:30	Body Combat	Studio 1	Lena
20:00-20:45	Group Cycle Virtual	Studio 2	Virtual
21:00-21:45	Group Cycle Virtual	Studio 2	Virtual

SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
08:30-09:15	Group Cycle Virtual	Studio 2	Virtual
08:45-09:45	Body Attack	Studio 3	Neil
08:50-09:50	Body Pump	Studio 1	Emma/Helen
09:55-10:55	Body Balance	Studio 1	Emma/Helen
10:00-11:00	Group Cycle	Studio 2	Chris
11:00-11:50	Dance Fit	Studio 1	Izzy
12:00-12:45	Legs, Bums and Tums	Studio 1	Heather
12:50-13:50	Yoga	Studio 1	Heather
14:00-14:45	Group Cycle Virtual	Studio 2	Virtual
15:30-16:15	Group Cycle Virtual	Studio 2	Virtual

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.



SUNDAY

TIME	CLASS	STUDIO	INSTRUCTOR
08:45-09:45	Body Pump	Studio 1	Sam
09:00-10:00	Group Cycle	Studio 2	Heather
09:55-10:55	Body Combat	Studio 1	Sam
11:00-11:45	Attack/LBT	Studio 1	Fiona
11:50-12:50	Body Balance	Studio 1	Fiona
12:00-12:45	Group Cycle Virtual	Studio 2	Virtual
13:45-14:15	Virtual Pilates	Studio 2	Virtual
14:30-15:00	Virtual Yoga	Studio 2	Virtual
15:30-16:15	Group Cycle Virtual	Studio 2	Virtual

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.

*Classes marked with an asterisk only run on the first Wednesday of each month.

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 closed from the advertised start time of the class to ensure no further admittance to the class.
- Classes are available for non-members to attend and can be booked 2 days in advance. Please call 01904 325751 to book a space.

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.