

Queen's Park Sports Centre

Fitness Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:30am	Step	6:45am	Indoor Cycling	6:30am	Kettlebell	6:30am	LBT	9:00am	Indoor Cycling	8:30am	Indoor Cycling
9:00am	Aquacise	6:45am	Body Pump	7:00am	Core	6:45am	Indoor Cycling	9:00am	Core	9:00am	Body Combat
9:00am	Rockbox	9:00am	Kettlebell	7:45am	Yoga	9:15am	Ballet Fitness	9:30am	Kettlebell	10:00am	Groovecise
10:00am	LBT	9:30am	Core	9:00am	Stretch & Tone	10:15am	Dancefit	10:00am	Body Pump	10:00am	Indoor Cycling
10:00am	Falls Prevention	10:00am	Body Pump	9:15am	Indoor Cycling	11:15am	Stretch & Tone	11:00am	Stretch & Tone	11:15am	Body Pump
11:00am	Falls Prevention	11:00am	Fitball	10:00am	Shred	12:15pm	Aquacise	12:00pm	Indoor Cycling	1:00pm	Zumba Gold
11:00am	Stretch & Tone	11:45am	Pilates	11:00am	50+ Aerobics	5:30pm	Indoor Cycling	12:15pm	Fitness Locker Circuits		
11:30am	Moving in Water	12:00pm	Indoor Cycling	12:15pm	Total Body Workout	6:00pm	Body Combat	1:00pm	50+ Stretch & Tone		
12:15pm	Fitness Locker Circuits	12:15pm	Aquacise	12:15pm	Aquacise	6:30pm	Indoor Cycling	2:00pm	Health and Wellbeing Circuits		
12:15pm	Indoor Cycling	1:15pm	Move It Mums	1:30pm	Yoga	7:15pm	Barre Fitness	3:00pm	Out Moving Cancer		
12:30pm	Move It Mums	2:00pm	Low Impact Aerobics	2:30pm	Yoga	8:30pm	Pilates	6:00pm	Total Body Workout		
1:00pm	Activities for All	2:30pm	Yoga	5:30pm	Indoor Cycling						
1:00pm	Outswimming Cancer	2:30pm	Falls Prevention	6:00pm	Shred						
5:30pm	Indoor Cycling	5:15pm	Moving with Menopause	6:30pm	Indoor Cycling						
6:00pm	Body Combat	5:30pm	LBT	7:00pm	Stoke Technique						
6:30pm	Indoor Cycling	6:00pm	Circuits	7:00pm	Body Pump						
7:00pm	Stoke Technique	6:15pm	Indoor Cycling	8:15pm	Circuit						
7:00pm	Ballet Fitness	6:30pm	Body Combat								
7:15pm	Circuit	7:00pm	Aquanatal								
8:30pm	Yoga	7:15pm	Beginners Indoor Cycling								
		7:45pm	Aquacise								
		8:15pm	Yoga								

Sunday	
8:30am	Indoor Cycling
08:45am	HIIT Step
9:30am	Ravercise
10:30am	Rockbox
2:30pm	Yoga
6:00pm	Body Pump

Please note: Classes can be subject to change. We will attempt to inform you of any changes as soon as possible but this may not always be possible at short notice.

Power/Strength Session	Mind and Body Session	Health Related Session
Cardio/Aerobic	Water Based Cardio Aerobic	Indoor Cycling

Aquacise, Ballet Fitness, Dance Fit, Indoor Cycling and Rockbox: ages 14+
All other classes: ages 16+

Queen's Park Sports Centre
Boythorpe Road, Chesterfield S40 2NE
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www.chesterfield.gov.uk/sports-and-leisure