

# Queen's Park Sports Centre

## Fitness Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6.30am	HIIT Circuit	6.45am	Indoor Cycling	6.45am	Kettlebell	6.30am	HIIT Circuit	9am	Indoor Cycling	8.45am	Box Hit
9.00am	Aquacise	9.00am	Kettlebell	7.15am	Core	6.45am	Indoor Cycling	9.00am	Core	8.45am	Indoor Cycling
9.00am	Rockbox	9.30am	Core	9.15am	Indoor Cycling	9.15am	Ballet Fitness	9.30am	Kettlebell	10.00am	Body Combat
10.00am	LBT	10.00am	Step Aerobics	10.00am	Shred	10.15am	Dancefit	10.00am	Aerobics	10.00am	Indoor Cycling
11.00am	Stretch & Tone	11.00am	Fitball	11.00am	50+ Aerobics	11.15am	Stretch & Tone	11.00am	Stretch & Tone	11.15am	Body Pump
11.00am	Falls Prevention	11.45am	Pilates	12.15pm	Aquacise	12.15pm	Aquacise	12.00pm	Indoor Cycling	1.00pm	Zumba Gold
11.30am	Moving in Water	12.15pm	Aquacise	12.30pm	Indoor Cycling	5.30pm	Indoor Cycling	12:15pm	Fitness Locker Circuits		
12:15pm	Fitness Locker Circuits	12pm	Indoor Cycling	1.15pm	Yoga	6.00pm	Body Combat	1.00pm	50+ Stretch & Tone	<b>Sunday</b>	
12.30pm	Move It Mums	1.15pm	Move It Mums	5.30pm	Indoor Cycling	6.30pm	Indoor Cycling	2.00pm	Health and Wellbeing Circuits	8.30am	Indoor Cycling
1.00pm	Activities for All	2.00pm	Low Impact Aerobics	6.00pm	Shred	7.15pm	Dancefit	5.30pm	Indoor Cycling	9:30am	Beatz
1.15pm	Outswimming Cancer	2.30pm	Yoga	6.30pm	Indoor Cycling	8.30pm	Pilates	6.00pm	Total Body Workout	10:30am	Rockbox
5.30pm	Indoor Cycling	2.30pm	Falls Prevention	7.00pm	Body Pump			7.45pm	Rockbox	2.30pm	Yoga
6.00pm	Body Combat	5.15pm	Indoor Cycling	8.00pm	Body Pump					5.30pm	Indoor Cycling
6.30pm	Indoor Cycling	5.30pm	LBT							6.00pm	Total Body Workout
7.00pm	Ballet Fitness	6.00pm	HIRT Locker								
7.15pm	Circuit	6.15pm	Indoor Cycling		Power/Strength Session		Mind and Body Session		Health Related Session		
8.30pm	Yoga	6.30pm	Body Combat								
		7.00pm	Aquanatal		Cardio/Aerobic		Water Based Cardio Aerobic		Indoor Cycling		
		7.15pm	Beginners Indoor Cycling								
		7.45pm	Aquacise								
		8.00pm	Rockbox								

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.