

Queen's Park Sports Centre

Fitness Timetable

Monday	
6.30am	HIIT Circuit
9.00am	Aquacise
9.00am	Rockbox
10.00am	LBT
11.00am	Stretch & Tone
11.00am	Falls Prevention
11.30am	Moving in Water
12.00pm	Moving in Water
12.15pm	Fitness Locker Circuits
12.30pm	Move It Mums
1.00pm	Activities for All
1.15pm	Outswimming Cancer
5.30pm	Indoor Cycling
6.00pm	Body Combat
6.30pm	Indoor Cycling
7.00pm	Ballet Fitness
7.15pm	Circuit
8.30pm	Yoga

Tuesday	
6.45am	Indoor Cycling
9.00am	Kettlebell
9.30am	Core
10.00am	Body Pump
11.00am	Fitball
11:45am	Pilates
12.15pm	Aquacise
12pm	Indoor Cycling
1.15pm	Move It Mums
2.00pm	Low Impact Aerobics
2.30pm	Yoga
2.30pm	Falls Prevention
5.30pm	LBT
6.00pm	HIRT Locker
6.15pm	Indoor Cycling
6.30pm	Body Combat
7.00pm	Aquanatal
7.15pm	Beginners Indoor Cycling
7.45pm	Aquacise
8.00pm	Rockbox

Wednesday	
6.45am	Kettlebell
7.15am	Core
9.15am	Indoor Cycling
10.00am	Shred
11.00am	50+ Aerobics
12.15pm	Aquacise
12.30pm	Indoor Cycling
1.15pm	Yoga
5.30pm	Indoor Cycling
6.00pm	Shred
6.30pm	Indoor Cycling
7.00pm	Body Pump
8.15pm	Body Pump

Power/Strength Session

Cardio/Aerobic

Thursday	
6.30am	HIIT Circuit
6.45am	Indoor Cycling
9.15am	Ballet Fitness
10.15am	Dancefit
11.15am	Stretch & Tone
12.15pm	Aquacise
5.30pm	Indoor Cycling
6.00pm	Body Combat
6.30pm	Indoor Cycling
7.15pm	Dancefit
8.30pm	Pilates

Mind and Body Session

Water Based Cardio Aerobic

Friday	
9am	Indoor Cycling
9.00am	Core
9.30am	Kettlebell
10.00am	Body Pump
11.00am	Stretch & Tone
12.00pm	Indoor Cycling
12:15pm	Fitness Locker Circuits
1.00pm	50+ Stretch & Tone
2.00pm	Health and Wellbeing Circuits
5.30pm	Indoor Cycling
6.00pm	Total Body Workout
7.45pm	Rockbox

Health Related Session

Indoor Cycling

Saturday	
8.30am	Indoor Cycling
8.45am	Box Hit
10.00am	Body Combat
10.00am	Indoor Cycling
11.15am	Body Pump
1.00pm	Zumba Gold

Sunday	
8.30am	Indoor Cycling
9:30am	Beatz
10:30am	Rockbox
2.30pm	Yoga
5.30pm	Indoor Cycling
6.00pm	Total Body Workout

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.