

# Queen's Park Sports Centre

## Junior Fitness Timetable

Monday	
9.00am	Aquacise
9.00am	Rockbox
4.30pm	Junior Gym
5.30pm	Indoor Cycling
6.30pm	Indoor Cycling
7.00pm	Ballet Fitness

Tuesday	
6.45am	Indoor Cycling
12.15pm	Indoor Cycling
12pm	Aquacise
4.30pm	Junior Gym
5.15pm	Indoor Cycling
6.15pm	Indoor Cycling
7.15pm	Beginners Indoor Cycling
8.00pm	Rockbox

Wednesday	
9.15am	Indoor Cycling
12.15pm	Aquacise
12.30pm	Indoor Cycling
4.30pm	Junior Gym
5.30pm	Indoor Cycling
6.30pm	Indoor Cycling

Thursday	
6.45am	Indoor Cycling
9.15am	Ballet Fitness
10.15am	Dancefit
12.15pm	Aquacise
4.30pm	Junior Gym
5.30pm	Indoor Cycling
6.30pm	Indoor Cycling
7.15pm	Dancefit
7.30pm	Aquacise

Friday	
9.00am	Indoor Cycling
12.00pm	Indoor Cycling
4.30pm	Junior Gym
5.15pm	Indoor Cycling
7.45pm	Rockbox

Saturday	
9am-12pm	Family Fit
9.00am	Indoor Cycling
10.00am	Indoor Cycling

Sunday	
9am-12pm	Family Fit
8.30am	Indoor Cycling
10.30am	Rockbox
5.30pm	Indoor Cycling

Junior Gym Ages 10-13	Family Fit Aged 8+	Fitness Class Ages 14+
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N.B all fitness classes are as per the usual fitness timetable and open to all members aged 14+ not just juniors.