



Queen's Park Sports Centre

Junior Fitness Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday											
6.30am-8.30am	Family Fit	6.30am-8.30am	Family Fit	6.30am-8.30am	Family Fit	6.30am-8.30am	Family Fit	6.30am-8.30am	Family Fit	9am-12pm	Family Fit										
9.00am	Aquacise	6.45am	Indoor Cycling	9.15am	Indoor Cycling	6.45am	Indoor Cycling	9.00am	Indoor Cycling	9.00am	Indoor Cycling										
9.00am	Rockbox	12.15pm	Indoor Cycling	12.15pm	Aquacise	9.15am	Ballet Fitness	12.00pm	Indoor Cycling	10.00am	Indoor Cycling										
4.30pm	Junior Gym	12pm	Aquacise	12.30pm	Indoor Cycling	10.15am	Dancefit	4.30pm	Junior Gym	<table border="1"> <thead> <tr> <th colspan="2">Sunday</th> </tr> </thead> <tbody> <tr> <td>9am-12pm</td> <td>Family Fit</td> </tr> <tr> <td>8.30am</td> <td>Indoor Cycling</td> </tr> <tr> <td>10.30am</td> <td>Rockbox</td> </tr> <tr> <td>5.30pm</td> <td>Indoor Cycling</td> </tr> </tbody> </table>		Sunday		9am-12pm	Family Fit	8.30am	Indoor Cycling	10.30am	Rockbox	5.30pm	Indoor Cycling
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5.30pm	Indoor Cycling	4.30pm	Junior Gym	4.30pm	Junior Gym	12.15pm	Aquacise	5.15pm	Indoor Cycling												
6.30pm	Indoor Cycling	5.15pm	Indoor Cycling	5.30pm	Indoor Cycling	5.30pm	Indoor Cycling	7.45pm	Rockbox												
7.00pm	Ballet Fitness	6.15pm	Indoor Cycling	6.30pm	Indoor Cycling	6.30pm	Indoor Cycling														
		7.15pm	Beginners Indoor Cycling			7.15pm	Dancefit														
		7.45pm	Aquacise																		
		8.00pm	Rockbox																		

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.

Queen's Park Sports Centre

Boythorpe Road, Chesterfield S40 2NE

01246 345555

www.chesterfield.gov.uk/sports-and-lesisure