

# Queen's Park Sports Centre

## Fitness Timetable - week commencing 2nd December 2024

Monday		
6.30am	HIIT Circuit	Gym
9.00am	Aquacise	Pool
9.00am	Rockbox	Sports Hall
10.00am	LBT	Sports Hall
11.00am	Stretch & Tone	Sports Hall
11.30am	Moving in Water	Pool
12.00pm	Moving in Water	Pool
12:15pm	Fitness Locker Circuits	Outdoor Rig
12.30pm	Move It Mums	Sports Hall
1.00pm	Activities for All	Sports Hall
1.15pm	Outswimming Cancer	Pool
7.15pm	Circuit	Sports Hall

Tuesday		
9.00am	Core	Sports Hall
12.15pm	Aquacise	Pool
5.30pm	LBT	Sports Hall
6.00pm	HIRT Locker	Sports Hall
6.30pm	Body Combat	Sports Hall
7.00pm	Aquanatal	Pool
7.45pm	Aquacise	Pool
8.00pm	Rockbox	Sports Hall

Wednesday		
12.15pm	Aquacise	Pool

Thursday		
6.30am	HIIT Circuit	Gym
9.15am	Ballet Fitness	Sports Hall
10.15am	Dancefit	Sports Hall
11.15am	Stretch & Tone	Sports Hall
12.15pm	Aquacise	Pool
6.00pm	Body Combat	Sports Hall
7.15pm	Dancefit	Sports Hall

Saturday		
8.45am	Box Hit	Sports Hall
10.00am	Body Combat	Sports Hall
11.15am	Body Pump	Sports Hall
1.00pm	Zumba Gold	Sports Hall

Sunday		
9:30am	Beatz	Sports Hall
10:30am	Rockbox	Sports Hall

Friday		
No Classes		

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

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.