



Queen's Park Sports Centre

Junior Fitness Timetable

Monday	
6.30am-8.30am	Family Fit
9.00am	Aquacise
9.00am	Rockbox
4.30pm	Junior Gym
5.30pm	Indoor Cycling
6.30pm	Indoor Cycling
7.00pm	Ballet Fitness

Tuesday	
6.30am-8.30am	Family Fit
6.45am	Indoor Cycling
12.15pm	Indoor Cycling
12pm	Aquacise
4.30pm	Junior Gym
6.15pm	Indoor Cycling
7.15pm	Beginners Indoor Cycling
7.45pm	Aquacise
8.00pm	Rockbox

Wednesday	
6.30am-8.30am	Family Fit
9.15am	Indoor Cycling
12.15pm	Aquacise
12.30pm	Indoor Cycling
4.30pm	Junior Gym
5.30pm	Indoor Cycling
6.30pm	Indoor Cycling

Thursday	
6.30am-8.30am	Family Fit
6.45am	Indoor Cycling
9.15am	Ballet Fitness
10.15am	Dancefit
12.15pm	Aquacise
5.30pm	Indoor Cycling
6.30pm	Indoor Cycling
7.15pm	Dancefit

Friday	
6.30am-8.30am	Family Fit
9.00am	Indoor Cycling
12.00pm	Indoor Cycling
4.30pm	Junior Gym
5.15pm	Indoor Cycling
7.45pm	Rockbox

Saturday	
9am-12pm	Family Fit
8.30am	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.

Queen's Park Sports Centre

Boythorpe Road, Chesterfield S40 2NE

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