

Your Space Pontefract Group Exercise Class Timetable

Your Space Pontefract

Accurate as of 19/09/2019

Times for Monday 22 July



Time	Session	Facility	Instructor
06:10 - 06:55	Studio Cycling	Studio	
09:30 - 10:15	Zumba	Studio	
09:30 - 10:15	OMNIA™	Studio	
10:15 - 11:15	Les Mills BODYPUMP	Studio	
12:00 - 12:30	Your pop-up class	Studio	
17:30 - 18:15	Pilates	Studio	
18:15 - 19:00	Les Mills BODYATTACK	Studio	
18:15 - 19:00	Studio Cycling	Studio	
19:00 - 20:00	Les Mills BODYPUMP	Studio	
19:00 - 21:30	Skillworx	Studio	