

Blackpool Sport Centre Exercise Class Timetable

Blackpool Sports Centre

Accurate as of 27/04/2026

Times for Saturday 8 June



| Time | Session | Facility | Instructor | Level |
|---------------------|-----------|---------------|------------|------------------|
| 9:00 am - 9:30 am | Ab Blast | Dance Studio | Dannie | All |
| 9:30 am - 10:00 am | Insanity | Dance Studio | Dannie | High Intensity |
| 10:00 am - 11:00 am | Spinning | Spinning Room | Dannie | Medium Intensity |
| 10:00 am - 11:00 am | Zumba | Dance Studio | Clare | Medium Intensity |
| 11:00 am - 12:00 pm | Body Pump | Dance Studio | Dannie | Medium Intensity |