

Blackpool Sport Centre Exercise Class Timetable

Blackpool Sports Centre

Accurate as of 09/05/2026

Times for Monday 17 June



Time	Session	Facility	Instructor	Level
10:30 am - 11:30 am	Pilates	Dance Studio	Mandy	All
4:15 pm - 5:00 pm	Kettle Bells	Dance Studio	Inga	Medium Intensity
5:25 pm - 5:55 pm	Insanity	Dance Studio	Dannie	High Intensity
6:00 pm - 7:00 pm	Body Pump	Dance Studio	Dannie	Medium Intensity
6:00 pm - 7:00 pm	Spinning	Spinning Room	Sarah	Medium Intensity
7:00 pm - 7:30 pm	Spinning	Spinning Room	Dannie	Medium Intensity
7:00 pm - 8:00 pm	Run Fit	Dance Studio	Sarah	Medium Intensity
7:30 pm - 8:30 pm	Circuits	Projectile Hall	Fitness Team	Medium Intensity