

Blackpool Sport Centre Exercise Class Timetable

Blackpool Sports Centre

Accurate as of 09/05/2026

Times for Tuesday 18 June



Time	Session	Facility	Instructor	Level
10:00 am - 11:00 am	Pilates	Dance Studio	Clare	All
11:00 am - 12:30 pm	Yoga	Dance Studio	Jasmine	All
2:00 pm - 3:00 pm	Gently Does It	Dance Studio	Carol	All
4:45 pm - 5:15 pm	Ab Blast	Dance Studio	Terry	All
5:30 pm - 6:30 pm	Body Pump	Dance Studio	Sarah	Medium Intensity
5:45 pm - 6:30 pm	Spinning	Spinning Room	Caroline	Medium Intensity
6:00 pm - 7:00 pm	Pilates	Arena	Mandy	Low Intensity
6:30 pm - 7:30 pm	Thighs, Bums & Tums	Dance Studio	Caroline	Medium Intensity
6:30 pm - 7:30 pm	Spinning	Spinning Room	Sarah	Medium Intensity
7:00 pm - 8:00 pm	Bootcamp	Arena	Phil	All
7:30 pm - 8:30 pm	Body Combat	Dance Studio	Nina	High Intensity