

Blackpool Sport Centre Exercise Class Timetable

Blackpool Sports Centre

Accurate as of 09/05/2026

Times for Wednesday 19 June



Time	Session	Facility	Instructor	Level
10:15 am - 11:15 am	Gently Does It	Dance Studio	Lisa	All
12:30 pm - 1:30 pm	Fitness Yoga	Dance Studio	Mandy	All
5:30 pm - 6:30 pm	Body Combat	Dance Studio	Jo	High Intensity
5:30 pm - 6:30 pm	Spinning	Spinning Room	Ally	Medium Intensity
6:30 pm - 7:30 pm	Body Pump	Dance Studio	Ally	Medium Intensity
7:00 pm - 7:30 pm	Spinning	Spinning Room	Phil	Medium Intensity
7:45 pm - 8:30 pm	Kettle Bells	Dance Studio	Inga	Medium Intensity
8:00 pm - 9:00 pm	Gently Does It	Meeting Room	Sue	Low Intensity