

Blackpool Sport Centre Exercise Class Timetable

Blackpool Sports Centre

Accurate as of 09/05/2026

Times for Thursday 20 June



Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Zumba	Dance Studio	Clare	Medium Intensity
9:30 am - 10:30 am	Zumba	Dance Studio	Clare	Medium Intensity
5:30 pm - 6:30 pm	Body Pump	Dance Studio	Sue	Medium Intensity
6:00 pm - 6:30 pm	HIIT	Arena	Phil	High Intensity
6:30 pm - 7:00 pm	Ab Blast	Arena	Sue	Medium Intensity
6:30 pm - 7:15 pm	Spinning	Spinning Room	Ally	Medium Intensity
7:00 pm - 8:00 pm	Pilates	Arena	Sue	Low Intensity
7:15 pm - 8:00 pm	Circuits	Dance Studio	Inga	Medium Intensity
8:00 pm - 9:00 pm	Body Combat	Dance Studio	George	High Intensity