

# Blackpool Sport Centre Exercise Class Timetable

## Blackpool Sports Centre

Accurate as of 09/05/2026

### Times for Friday 21 June



Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Body Combat	Dance Studio	Lisa	All
11:00 am - 12:00 pm	Gently Does It	Dance Studio	Mandy	All
12:00 pm - 1:00 pm	Pilates	Dance Studio	Mandy	All
5:00 pm - 5:30 pm	HIIT	Dance Studio	Phil	All
5:30 pm - 6:30 pm	Spinning	Spinning Room	Phil	Medium Intensity
6:00 pm - 7:00 pm	Yoga	Dance Studio	Jasmine	All