

# Blackpool Sport Centre Exercise Class Timetable

## Blackpool Sports Centre

Accurate as of 09/05/2026

### Times for Saturday 22 June



Time	Session	Facility	Instructor	Level
9:00 am - 9:30 am	Ab Blast	Dance Studio	Dannie	All
9:30 am - 10:00 am	Insanity	Dance Studio	Dannie	High Intensity
10:00 am - 11:00 am	Spinning	Spinning Room	Dannie	Medium Intensity
10:00 am - 11:00 am	Zumba	Dance Studio	Clare	Medium Intensity
11:00 am - 12:00 pm	Body Pump	Dance Studio	Dannie	Medium Intensity