

Your Space Retford Group Exercise Class Timetables

Your Space Retford Leisure Centre

Accurate as of 19/04/2021

Times for Tuesday 2 March



Time	Session	Facility	Type
06:00 - 06:45	HIIT	Dance Studio	Strength & Cardio
06:45 - 07:30	Studio Cycling	Dance Studio	Cardio
09:15 - 10:00	Studio Cycling	Dance Studio	Cardio
10:15 - 11:15	Les Mills BODYPUMP	Dance Studio	Strength & Cardio
12:45 - 13:30	Chair-Based Exercise	Dance Studio	Relaxation/ GP Referrals
17:15 - 18:00	Studio Cycling	Dance Studio	Cardio
18:15 - 19:00	Fitness Yoga	Dance Studio	Strength/ Mind & Body
19:15 - 20:00	Kettlecise	Dance Studio	Group Ex