

# Your Space Retford Group Exercise Class Timetables

## Your Space Retford Leisure Centre

Accurate as of 13/05/2021

### Times for Friday 5 March



Time	Session	Facility	Type
08:00 - 09:00	Studio Cycling	Dance Studio	Cardio
09:00 - 10:00	Senior Circuits	Dance Studio	Cardio
10:15 - 11:15	Aerobics	Dance Studio	Cardio
11:15 - 12:00	Pilates	Dance Studio	Strength/ Mind & Body
17:15 - 18:00	Studio Cycling	Dance Studio	Cardio
18:15 - 19:15	Les Mills BODYPUMP	Dance Studio	Strength & Cardio