



**Barrow Park  
Leisure Centre**  
BARROW FORWARD

# BARROW PARK

## CLASS TIMETABLE

Mon - Thurs: 06.00 - 22.00  
Fri: 06.00 - 20.00  
Sat - Sun: 08.00 - 17.00

JUN 24 | OCT 24

MONDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.15-10.00	Spin	Steph	SS
	10.15-11.00	BodyPump	Lauren	SH
	10.15-11.00	Yoga	Autumn	S
	11.15-12.00	LBT	Lauren	S
	11.15-12.00	Zumba Gold	Samantha-Jane	SH
	13.15-14.00	Tai Chi	Jack	S
	17.00-17.30	GRIT Cardio	Virtual	S
	17.15-17.45	HIITstep	Sally	SH
	17.45-18.30	Pilates	Cat	S
	17.45-18.30	Spin	Steph	SS
	17.50-18.30	BodyPump	Nicola	SH
	18.45-19.30	Spin	Sam	SS
	18.45-19.30	BodyCombat	Sally	SH
	19.45-20.30	HIIT Circuit	Sally	SH

TUESDAY	TIME	CLASS	INSTRUCTOR	AREA
	06.30-07.15	Spin	Steph	SS
	09.15-10.00	Spin	Annemarie	SS
	10.15-11.00	HIIT	Annemarie	FG
	10.15-11.00	Young @ Heart	Pam	S
	11.15-12.00	Latin Dance Fitness	Pam	S
	12.15-13.00	Pilates	Pam	S
	13.15-14.00	Young @ Heart	Amber	S
	17.45-18.30	Pound	Kate	S
	17.45-18.30	Spin	Nicola	SS
	17.45-18.30	HIIT	Annemarie	FG
	18.45-19.30	Spin	Sam	SS
	18.45-19.30	Core	Nicola	S
	19.45-20.15	BodyAttack	Virtual	S
	19.45-20.30	BodyPump	Sally	SH

WEDNESDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.15-10.00	Spin	Steph	SS
	10.15-11.00	HIIT	Annemarie	FG
	10.15-11.00	BodyCombat	Autumn	S
	11.15-12.00	BodyBalance	Autumn	S
	13.15-14.00	Broadway Boogie Encore	Amber	S
	14.45-15.25	Aqua	Lauren	P
	17.00-17.30	BodyAttack	Virtual	S
	17.45-18.30	Spin	Steph	SS
	17.45-18.30	Pilates	Nicola	S
	17.45-18.30	BodyCombat	Laura	SH
	18.45-19.30	HIIT N Ride	Josh	SS
	18.45-19.30	BodyPump	Nicola	SH
	18.45-19.30	Clubbercise	Kate	S

THURSDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.15-10.00	Spin	Steph	SS
	09.15-10.00	BodyPump	Sally	SH
	10.15-11.00	Yoga	Autumn	S
	10.15-11.00	HIIT	Sally	FG
	13.15-14.00	Young At Heart	Amber	S
	17.45-18.30	Spin	Steph	SS
	17.45-18.30	Broadway Boogie	Samantha-Jane	S
	17.45-18.15	HIITstep	Sally	SH
	18.35-19.20	BodyBalance	Sally	S
	18.45-19.30	Spin	Steph	SS
	19.40-20.25	BodyCombat	Virtual	S
	20.30-21.00	Les Mills Core	Virtual	S

FRIDAY	TIME	CLASS	INSTRUCTOR	AREA
	06.30-07.15	Spin	Steph	SS
	09.15-10.00	Spin	Annemarie	SS
	09.15-10.00	BodyPump	Sally	S
	10.15-11.00	HIIT	Sally	FG
	10.15-11.00	Fitness Pilates	Pam	S
	11.15-12.00	Aqua	Ellie	P
	11.15-12.00	Ballroom Dance	Pam	S
	17.15-18.00	BodyPump	Nicola	SH

SATURDAY	TIME	CLASS	INSTRUCTOR	AREA
	08.45-09.15	BodyAttack	Virtual	S
	09.00-09.45	BodyPump	Laura	SH
	09.15-10.00	Spin	Steph	SS
	10.15-10.45	RPM	Virtual	SS

SUNDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.15-10.00	Spin	Rota	SS
	11.15-12.05	RPM	Virtual	SS
	13.00-13.30	The Trip	Virtual	SS

KEY : SS Spin Studio SH Sports Hall S Studio FG Functional Gym P Pool

BOOK YOUR CLASSES ONLINE AT  
[WWW.BARROWLEISURE.CO.UK](http://WWW.BARROWLEISURE.CO.UK)  
OR CALL 01229 871 146



VIEW OUR CLASS DESCRIPTIONS  
BY SCANNING THE QR CODE