



Barrow Park
Leisure Centre
BARROW FORWARD

BARROW PARK

CHRISTMAS CLASS TIMETABLE 2023

MONDAY 18TH DECEMBER - 06.00-22.00

09.15-10.00	Spin	Steph	SS
10.15-11.00	BodyPump	Lauren	SH
10.15-11.00	Yoga	Autumn	S
11.15-11.45	LBT	Lauren	S
11.15-12.00	Zumba Gold	Samantha-Jane	SH
13.15-14.00	Tai Chi	Les	S
17.15-17.45	HIITstep	Sally	SH
17.45-18.30	Spin	Steph	SS
17.55-18.35	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 19TH DECEMBER - 06.00-22.00

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	SH
13.15-14.00	Young @ Heart	Amber	S
17.45-18.30	Pound	Kate	S
17.45-18.30	Spin	Steph	SS
17.45-18.30	HIIT	Annemarie	FG
18.45-19.30	Core	Nicola	S
18.45-19.30	Spin	Sam	SS
19.45-20.30	BodyPump	Sally	SH

WEDNESDAY 20TH DECEMBER - 06.00-22.00

09.15-10.00	BodyPump	Sally	SH
09.15-10.00	Spin	Steph	SS
10.15-11.00	HIIT	Sally	FG
14.45-15.30	Aqua	Lauren	P
17.45-18.30	Spin	Steph	SS
17.45-18.30	BodyBalance	Nicola	S
18.45-19.30	HIIT N Ride	Laura	SS
18.45-19.30	BodyPump	Nicola	SH
18.45-19.30	Clubbercise	Kate	S

THURSDAY 21ST DECEMBER - 06.30-22.00

09.15-10.00	Spin	Steph	S
10.15-11.00	Yoga	Autumn	S
10.45-11.15	HIIT	Sally	FG
13.15-14.00	Young @ Heart	Amber	S
17.45-18.30	Spin	Steph	SS
17.45-18.15	HIITstep	Sally	SH
18.35-19.20	BodyBalance	Sally	S

FRIDAY 22ND DECEMBER - 06.30-20.00

06.30-07.15	Spin	Steph	SS
09.15-10.00	Spin	Steph	SS
09.15-10.00	BodyPump	Sally	SH
10.15-11.00	HIIT	Sally	FG
11.15-12.00	Aqua	Ellie	P
12.15-13.00	Spin	Steph	SS
17.15-18.00	BodyPump	Nicola	SH

SATURDAY 23RD DECEMBER - 08.00-16.00

09.15-10.00	Spin	Steph	SS
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SUNDAY 24TH DECEMBER - 08.00-16.00

09.15-10.00	Spin	Rota	SS
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MONDAY 25TH DECEMBER - CLOSED

TUESDAY 26TH DECEMBER - CLOSED

WEDNESDAY 27TH DECEMBER - 06.00-22.00

10.15-11.00	Spin	Nicola	SS
17.45-18.30	HIIT N Ride	Laura	SS

THURSDAY 28TH DECEMBER - 06.00-22.00

09.15-10.00	Spin	Nicola	SS
17.45-18.30	HIIT N Ride	Laura	SS

FRIDAY 29TH DECEMBER - 06.00-22.00

09.15-10.00	Spin	Nicola	SS
17.15-18.00	BodyPump	Nicola	SH

SATURDAY 30TH DECEMBER - 08.00-16.00

09.00-09.45	BodyPump	Laura	SH
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SUNDAY 31ST DECEMBER - 08.00-16.00

09.15-10.00	Spin	Rota	SS
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KEY : SS Spin Studio SH Sports Hall S Studio FG Functional Gym P Pool

BOOK YOUR CLASSES ONLINE AT
WWW.BARROWLEISURE.CO.UK
OR CALL 01229 871 146



VIEW OUR CLASS
DESCRIPTIONS BY
SCANNING THE QR CODE

