



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

JAN 24 | JUN 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
18.45-19.30	HIIT N Ride	Laura	SS
18.45-19.30	BodyPump	Nicola	SH
18.45-19.30	Clubbercise	Kate	S

THURSDAY

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

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
12.15-13.00	Spin	Steph	SS
17.15-18.00	BodyPump	Nicola	SH

SATURDAY

08.45-09.15	BodyAttack	Virtual	S
09.00-09.45	BodyPump	Lauren/Laura	SH
09.15-10.00	Spin	Steph	SS
10.15-10.45	RPM	Virtual	SS

SUNDAY

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
OR CALL 01229 871 146



VIEW OUR CLASS DESCRIPTIONS
BY SCANNING THE QR CODE