



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

MAY 25 | JUN 25

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	Les	S
17.45-18.30	Pilates	Cat	S
17.45-18.30	Spin	Steph	SS
17.45-18.30	BodyPump	Nicola	SH
18.45-19.30	Spin	Sam	SS
18.45-19.30	HIIT Circuit	Josh	FG
18.45-19.30	Decades Reloaded	Kate	S

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
17.30-18.15	Fun Step	Rebecca	SH
17.45-18.30	Pound	Kate	S
17.45-18.30	HIIT	Annemarie	FG
18.30-19.15	Spin	Sam	SS
18.30-19.15	BodyPump	Cat	SH
18.45-19.30	Core	Nicola	S

WEDNESDAY

TIME	CLASS	INSTRUCTOR	AREA
06.00-06.45	HYRISE	Erin	SH
09.15-10.00	Spin	Steph	SS
09.15-10.00	Yoga	Autumn	S
10.15-11.00	HIIT	Annemarie	FG
13.15-14.00	Broadway Boogie Encore	Amber	S
14.45-15.25	Aqua	Lauren	P
17.45-18.30	Spin	Steph	SS
17.45-18.30	Pilates	Nicola	S
17.45-18.30	HYRISE	Josh	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

09.15-10.00	Spin	Steph	SS
09.15-10.00	BodyPump	Nicola	S
10.15-11.00	Yoga	Autumn	S
10.15-11.00	HIIT	Nicola	FG
11.15-12.00	Young @ Heart	Amber	S
13.15-14.00	Young @ Heart	Amber	S
17.30-18.15	Body Combat	Laura	SH
17.45-18.30	Spin	Steph	SS
17.45-18.30	Broadway Boogie	Samantha-Jane	S
18.45-19.30	HIIT N Ride	Alan	SS
18.45-19.30	Women's Lift & Tone	Rebecca	S

FRIDAY

06.30-07.15	Hyrise	Erin	SH
06.30-07.15	Spin	Steph	SS
09.15-10.00	Spin	Annemarie	SS
09.15-10.00	BodyPump	Lauren	S
10.15-11.00	Fitness Pilates	Pam	S
11.15-12.00	Aqua	Lauren	P
11.15-12.00	Ballroom Dance	Pam	S
17.15-18.00	BodyPump	Nicola	S

SATURDAY

09.00-09.45	BodyPump	Laura	SH
09.15-10.00	Spin	Steph	SS

SUNDAY

09.00-09.45	BodyPump	Cat	SH
09.15-10.00	Spin	Rota	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