

## Opening Times

Monday	6am – 10pm
Tuesday	6am – 10pm
Wednesday	6am – 10pm
Thursday	6am – 10pm
Friday	6am – 10pm
Saturday	8am – 8pm
Sunday	8am – 8pm

## Junior Gym Sessions

Monday	4pm – 5:30pm
Tuesday	4pm – 5:30pm
Wednesday	4pm – 5:30pm
Thursday	4pm – 5:30pm
Friday	4pm – 5:30pm
Saturday	11am – 2pm
Sunday	11am – 2pm

For more information about your space timetables please call 01623 400200, ask at reception or visit...

 [yourspacemansfield.com](https://yourspacemansfield.com)

 Your Space Mansfield

 Yourspacemansfield

 @yourspacegyms

Online class booking for members now available, please visit [bplonline.org.uk/horizons/Barnsley](https://bplonline.org.uk/horizons/Barnsley)

Your Space Mansfield, Portland Street, Mansfield, NG18 1HB

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# your space

Health & Fitness Club **Mansfield**



## your class timetable

Monday	Strength Circuit 06.00-7.00	Legs, bums, tums 10.30-11.15	Studio Cycling 17.30-18.15	HIIT Circuit 17.30-18.00	LES MILLS BODYPUMP 18.15-19.00	Aquacise 18.15-19.00		
Tuesday	HIIT Circuit 07.30-08.00	LES MILLS BODYPUMP 09.30-10.30	Studio Cycling 10.15-11.00	Pilates 11.15-12.00	Zumba 18.15-19.00	Pilates 19.15-20.15		
Wednesday	Studio Cycling 07.30-08.00	HIIT Circuit 09.30-10.30	LES MILLS CXWORX 10.20-10.50	Aquacise 11.00-11.45	Studio Cycling 17.30-18.15	Kettlecise 18.00-19.00	Aquacise 19.00-19.45	Yoga 19.30-20.30
Thursday	Studio Cycling 07.30-08.15	HIIT Step 09.30-10.00	Studio Cycling 10.00-10.45	Thai Chi 12.00-12.45	Strong by Zumba 17.30-18.15	HIIT Step 18.30-19.00	LES MILLS CXWORX 19.15-19.45	
Friday	Kettlecise Express 09.30-10.00	Studio Cycling 10.15-11.00	Tone by Zumba 10.15-11.00	Pilates 11.15-12.00	HIIT Circuit 17.45-18.30			
Saturday	LES MILLS BODYPUMP 08.15-09.00	Studio Cycling 09.30-10.15	HIIT Circuit 18.00-18.30					
Sunday	HIIT Step 10.00-10.30	Aqua by Zumba 10.30-11.15	LES MILLS CXWORX 10.55-11.25	Yoga 18.30-19.30				

- Cardio 
- Dance 
- Mind & Body 
- Strength 
- Strength & Cardio 
- Aqua Based 
- Your Pop Up Class 

Classes suitable for Juniors 

**Booking Procedures:** As a member you can book any fitness class 9 days in advance online or 7 days in advance via reception or ringing 01623 400200. Please let us know if you wish to cancel a class so your space can be offered to other members. Junior Studio Cycling – you must be over 4ft 11 to participate in this class.