

Fitness Class Timetable (from 5.6.2023)

Monday	Spin45	07:45 – 08:30
	Inferno	08:45 – 09:15
	Tai Chi	08:45 – 09:45
	Prenatal Yoga	09:30 – 10:30
	Aeromix	10:30 – 11:15
	Postnatal Yoga	10:45 – 11:45
	Yoga	12:00 – 13:30
	Pilates	13:45 – 14:45
	Power Yoga	14:00 – 15:00
	Walking Football	14:50 – 15:50
	Yoga	15:30 – 17:00
	Family Yoga	17:15 – 18:15
	HIIT	17:30 – 18:00
	Zumba®	18:00 – 18:45
	Abs & Spine	18:15 – 18:45
	Outdoor Bootcamp!!!!	18:15 – 19:00
Aeromix	18:50 – 19:35	
YIN Yoga	19:00 – 20:30	
Spin30	19:45 – 20:15	
Tuesday	Inferno	08:00 – 08:30
	Tai Chi	08:45 – 09:45
	Pilates	10:15 – 11:00
	Aqua Fit	10:30 – 11:15
	Pilates	11:15 – 12:00
	Yoga	12:00 – 13:30
	Zumba®	12:15 – 13:00
	Line Dancing	13:15 – 14:00
	Children's yoga	16:15 – 17:15
	Spin30	17:30 – 18:00
	Running Group	18:00 – 19:00
	Spin30	18:05 – 18:35
	Prenatal Yoga	18:15 – 19:15
	<u>Oh My Glutes (OMG®)</u>	18:45 – 19:15
	Legs, Bums & Tums	19:30 – 20:15
	Yoga	19:30 – 21:00
Wednesday	Inferno	08:45 – 09:30
	Spin30	09:30 – 10:00
	Legs, Bums & Tums	10:30 – 11:15
	Restorative Yoga	12:00 – 13:00
	Zumba®	12:15 – 13:00
	Pilates for Back Care	13:20 – 14:20
	Aqua Fit	13:30 – 14:15
	Yoga	14:30 – 16:00
	Spin30	17:30 – 18:00
	Pump30	18:10 – 18:40
	Abs & Spine	18:15 – 18:45
	Aeromix	18:50 – 19:35
	Pilates	19:00 – 20:00
	Aqua Fit	19:30 – 20:15
	Spin30	19:45 – 20:15

Thursday	Inferno	09:00 – 09:45
	Spin30	09:15 – 09:45
	Pump45	10:00 – 10:45
	Aqua Fit	10:15 – 11:00
	<u>Oh My Glutes (OMG®)</u>	12:15 – 12:45
	Line Dancing	13:15 – 14:00
	Walking Football	14:20 – 15:20
	Power Yoga	16:00 – 17:00
	Circuits	18:00 – 18:45
	Yoga	17:30 – 19:00
	Legs, Bums & Tums	19:00 – 19:45
Pilates	19:15 – 20:15	
Friday	Inferno	09:00 – 09:45
	Gentle Exercise	10:00 – 12:00
	Spin30	12:15 – 12:45
	Fit Forever (50+ activity session)	13:00 – 15:00
	Pilates	13:15 – 14:25
	Yin Yoga	14:30 – 16:00
	Tai Chi	15:00 – 16:30
	Spin30	17:30 – 18:00
	Zumba®	18:30 – 19:15
	G1OW	19:30 – 20:15
	Outdoor Bootcamp!!!!	10:00 – 10:45
Yoga	11:00 – 12:30	
Saturday	Spin30	09:15 – 09:45
	Spin30	10:00 – 10:30
	Aeromix	11:00 – 11:45
	Zumba®	11:50 – 12:35
	Tai Chi	13:30 – 15:30

Family Yoga is capped at 15 participants and must be booked via the telephone.

Tuesday Pilates – only 1 class booking allowed per customer.

All Fitness Classes are included within our membership scheme, however pay as you go option is available to non-members £5.00 per class (£7.50 for yoga).

The Management reserves the right to amend programmed activities without prior notice.

Customer Notice: Some of the classes may return at a later date at the instructor's discretion. Times and dates will be confirmed & we will update the timetable accordingly. Thank you for your patience.

Contact

Tel: 01744 671717
Email: queenspark@sthelens.gov.uk
Web: goactive.sthelens.gov.uk
or call into Boundary Road, St Helens

Open

6.30 - 21.00 Monday to Friday
9.00 - 16.30 Saturday and Sunday
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