

Opening Times

Monday	6am – 10pm
Tuesday	6am – 10pm
Wednesday	6am – 10pm
Thursday	6am – 10pm
Friday	6am – 9pm
Saturday	8am – 6pm
Sunday	8am – 6pm

Junior Gym Sessions

Monday	3:30pm – 4:30pm
Tuesday	3:30pm – 4:30pm
Wednesday	3:30pm – 4:30pm
Thursday	3:30pm – 4:30pm
Friday	3:30pm – 4:30pm
Saturday	3:30pm – 4:30pm
Sunday	3:30pm – 4:30pm

For more information about your space timetables please call 01977 781990, ask at reception or visit...

 yourspacepontefract.com

 [Your Space Pontefract](#)

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 [@yourspacegyms](#)

All class and session bookings can be made via the Your Space App

Your Space Pontefract, Park Road, Pontefract, Yorkshire, WF8 4PR

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your space
Health & Fitness Club **Pontefract**



your class timetable

Monday	Studio Cycling 06.15-07.00	LIFT 07.05-07.30	LES MILLS BODYCOMBAT 09.30-10.15	Body Balance 10.20-11.05	LES MILLS BODYPUMP 17.30-18.30	Studio Cycling 18.35-19.20	LES MILLS BODYATTACK 18.35-19.20	
Tuesday	HIIT vs Kettlebells 06.15-07.00	Studio Cycling 09.30-10.15	LES MILLS BODYATTACK 09.30-10.15	LES MILLS BODYPUMP 10.20-11.20	Skillworx 17.00-17.30	Body Balance 17.35-18.20	HIIT Strength 18.25-18.55	LES MILLS CORE 19.00-19.30
Wednesday	Studio Cycling 06.15-07.00	Skillworx 07.05-07.35	Legs, bums & tums 09.30-10.15	Studio Cycling 18.35-19.20	LES MILLS BODYCOMBAT 18.20-19.20	LES MILLS BODYPUMP 19.25-20.10		
Thursday	LES MILLS BODYPUMP 06.15-07.00	Studio Cycling 09.30-10.15	LIFT 09.30-10.15	MIND 10.20-11.05	Skillworx 17.00-17.30	Studio Cycling 17.35-18.20	Insanity 18.20-19.20	PiYO 18.25-19.10
Friday	HIIT Strength 06.15-07.00	Studio Cycling 07.05-07.35	LES MILLS BODYCOMBAT 09.30-10.15	Total Body 10.20-11.05	LES MILLS BODYCOMBAT 17.30-18.15	LES MILLS BODYPUMP 18.20-19.05		
Saturday	Studio Cycling 08.15-09.00	Insanity 08.15-09.00	LES MILLS BODYPUMP 09.05-09.50	LES MILLS BODYCOMBAT 09.55-10.55				
Sunday	HIIT 08.15-09.00	Studio Cycling 09.05-09.50	LES MILLS BODYATTACK 09.05-09.50	LES MILLS BODYPUMP 09.55-10.55				

- Cardio 
- Dance 
- Mind & Body 
- Strength 
- Strength & Cardio 

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 01977 781 990. 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.