

SUMMER OF SPORT 2023

24 JULY - 18 SEPT

still available!
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PG SWIM CARDS
Equipment hub

	Activity	Start Time	Location	Price	How to book
MON	Circuits	13:00	Astro	£2	Sportspark app or website
	Drop In Football	18:00	5-aside	£1	
	Zumba	18:45	Dance Studio	£1	
	Body Balance	19:45	Dance Studio	£1	
	Swimming	20:00	Pool	£1	
	Indoor Cycle	20:30	Spin Studio	£1	
TUES	Circuits	13:00	Astro	£2	Sportspark app or website
	Pilates	12:15	Dance Studio	£2	
	Body Sculpt	13:05	Dance Studio	£2	
	Aerobics	17:30	Dance Studio	£2	
	Indoor Cycle	19:15	Spin Studio	£2	
	Body Combat	19:30	Dance Studio	£2	
	Restorative Yoga	20:30	Dance Studio	£2	
WEDS	Body Pump	10:30	Dance Studio	£2	Sportspark app or website
	Vinyasa Flow Yoga	13:00	Dance Studio	£2	
	Swimming	16:00	Pool	£1	
	Body Combat	17:30	Dance Studio	£2	
	Drop In Yoga	18:00	Kiff Matheson	£2	
	HIIT	18:00	Functional Studio	£2	
	Zumba	19:30	Dance Studio	£2	
THURS	Indoor Cycle	11:00	Spin Studio	£2	Sportspark app or website
	Body Blitz	17:30	Dance Studio	£2	
	Body Combat	19:30	Dance Studio	£2	
	Zumba	20:30	Dance Studio	£2	
FRI	Indoor Cycle	12:15	Spin Studio	£2	Sportspark app or website
	Body Pump	12:45	Dance Studio	£2	
	Step/Tone	13:45	Dance Studio	£2	
	Body Balance	18:30	Dance Studio	£2	
SAT	Indoor Cycle	09:45	Spin Studio	£2	SP app/website
SUN	Triple Challenge	10:15	Dance Studio	£2	SP app/website
	Body Pump	11:30	Dance Studio	£2	