

## 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	3:30pm – 4:30pm	4:30pm – 5:30pm	5:30pm – 6:30pm
Tuesday	6:30pm – 7:30pm	7:30pm – 8:30pm	
Wednesday	3:30pm – 4:30pm	4:30pm – 5:30pm	5:30pm – 6:30pm
Thursday	6:30pm – 7:30pm	7:30pm – 8:30pm	
Friday	3:30pm – 4:30pm	4:30pm – 5:30pm	5:30pm – 6:30pm
Saturday	11:30am – 12:30pm	1:30pm – 2:30pm	4pm – 5pm
Sunday	11:30am – 12:30pm	1:30pm – 2:30pm	4pm – 5pm

For more information about your space timetables please call 01226 730060 or 01226 738646, ask at reception or visit...

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

 Your Space Metrodome

 Yourspacemetrodome

 @yourspacegyms

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

Metrodome Leisure Complex, Queens Ground, Queens Road, Barnsley, S71 1AN

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# your space

Metrodome Leisure Complex



## your class timetable

Monday	<b>LES MILLS GRIT</b> 06.30-07.00	<b>Aqua Aerobics</b> 09.15-10.00	<b>Studio Cycle</b> 09.30-10.00	<b>202020</b> 09.30-10.30	<b>Your Pop Up Class OMNIA</b> 10.00-10.30	<b>202020 50+</b> 10.30-11.30	<b>LES MILLS BODYATTACK</b> 17.00-17.45	<b>Your Pop Up Class OMNIA</b> 17.30-18.15	<b>Step</b> 17.45-18.45	<b>Studio Cycle</b> 17.45-18.45	<b>Yogalates</b> 18.00-19.00	<b>Aqua Aerobics</b> 18.30-19.30	<b>Booty Tone</b> 19.00-20.00	<b>Pilates</b> 19.00-20.00	<b>Studio Cycle</b> 20.00-21.00
Tuesday	<b>LES MILLS BODYCOMBAT</b> 06.30-07.15	<b>Zumba</b> 09.30-10.30	<b>Beginners Yoga</b> 10.45-12.15	<b>Your Pop Up Class SKILL BIKE</b> 12.00-12.30	<b>Studio Cycle</b> 17.15-18.00	<b>Your Pop Up Class OMNIA</b> 17.30-18.15	<b>LES MILLS GRIT</b> 18.10-18.40	<b>Shotokan Karate</b> 18.00-19.00	<b>Your Pop Up Class HIIT</b> 18.00-18.30	<b>Circuits</b> 18.45-19.45	<b>Shotokan Karate</b> 19.00-20.30	<b>LES MILLS CXWORX</b> 19.45-20.15	<b>Aqua Zumba</b> 20.00-21.00	<b>Studio Cycle</b> 20.15-21.15	
Wednesday	<b>LES MILLS BODYPUMP</b> 06.45-07.45	<b>202020</b> 09.30-10.30	<b>Studio Cycle</b> 09.30-10.30	<b>Fitness Pilates</b> 10.30-11.30	<b>Aqua Jog</b> 12.00-13.00	<b>LES MILLS BODYPUMP</b> 17.00-17.45	<b>Your Pop Up Class OMNIA</b> 17.00-17.30	<b>LES MILLS CXWORX</b> 17.45-18.15	<b>Studio Cycle</b> 18.10-18.55	<b>LES MILLS GRIT</b> 18.20-18.50	<b>Aqua Jog</b> 18.45-19.30	<b>Yoga</b> 18.45-20.15	<b>Hips, Bums &amp; Tums</b> 19.00-20.00		
Thursday	<b>Aqua Aerobics</b> 09.15-10.00	<b>Zumba</b> 09.30-10.30	<b>50+ Aerobics</b> 10.30-11.30	<b>Yoga</b> 11.30-12.30	<b>LES MILLS BODYCOMBAT</b> 17.15-18.00	<b>Your Pop Up Class HIIT</b> 17.30-18.15	<b>Your Pop Up Class OMNIA</b> 18.00-18.30	<b>Studio Cycle</b> 17.30-18.30	<b>LES MILLS BODYPUMP</b> 18.00-19.00	<b>Studio Cycle</b> 18.30-19.30	<b>Shotokan Karate</b> 19.00-20.30	<b>LES MILLS GRIT</b> 19.15-19.45			
Friday	<b>LES MILLS GRIT</b> 06.30-07.00	<b>Aqua Circuits</b> 09.15-10.00	<b>LES MILLS BODYPUMP</b> 09.30-10.30	<b>Your Pop Up Class SKILL ROW</b> 10.30-11.00	<b>Hatha Yoga</b> 10.45-12.15	<b>Studio Cycle</b> 17.00-17.45	<b>LES MILLS BODYATTACK</b> 17.00-17.45	<b>Zumba</b> 17.45-18.45	<b>Studio Cycle</b> 18.00-18.45	<b>Booty Tone</b> 18.45-19.45					
Saturday	<b>LES MILLS GRIT</b> 08.15-08.45	<b>LES MILLS BODYPUMP</b> 09.00-09.45	<b>LES MILLS CXWORX</b> 09.50-10.20	<b>Shotokan Karate</b> 10.30-12.00											
Sunday	<b>LES MILLS GRIT</b> 09.15-09.45	<b>Studio Cycle</b> 10.00-10.45	<b>Studio Cycle</b> 10.45-11.30												

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 01226 730060. 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.