

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

 Your Space Metrodome

 Yourspacemetrodome

 @yourspacegyms

Online class booking for members now available, please visit bplonline.org.uk/horizons/Barnsley

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

♿️ bpl Barnsley Premier Leisure Ltd., Queens Ground, Queens Road, Barnsley S71 1AN. Registered Charity Number 1076681. Registered Company Number 3790143

your space

Metrodome Leisure Complex



your class timetable

Monday	LES MILLS GRIT 06.30-07.00	Aqua Aerobics 09.15-10.00	Studio Cycle 09.30-10.30	202020 09.30-10.15	202020 50+ 10.30-11.30	Studio Cycle 16.45-17.30	LES MILLS BODYATTACK 17.00-17.45	Step 18.00-18.45	Studio Cycle 17.45-18.45	Yogalates 18.00-19.00	Aqua Aerobics 18.30-19.30	Booty Tone 19.00-20.00	Pilates 19.15-20.00	Studio Cycle 20.00-21.00
Tuesday	LES MILLS BODYPUMP 06.30-07.15	Zumba 09.30-10.30	Beginners Yoga 10.45-12.15	LES MILLS BODYCOMBAT 17.00-17.45	Studio Cycle 17.15-18.00	LES MILLS GRIT 18.00-18.30	Shotokan Karate 18.00-18.45	Studio Cycle 18.15-19.00	Circuits 18.45-19.30	Shotokan Karate 19.00-20.30	LES MILLS CXWORX 19.45-20.15	Aqua Zumba 20.00-21.00	Studio Cycle 20.15-21.15	
Wednesday	LES MILLS BODYPUMP 06.45-07.45	202020 09.30-10.15	Studio Cycle 09.30-10.30	Fitness Pilates 10.30-11.30	Aqua Jog 12.00-13.00	LES MILLS BODYPUMP 17.00-17.30	Studio Cycle 17.10-17.55	LES MILLS CXWORX 17.45-18.15	Studio Cycle 18.10-18.55	LES MILLS GRIT 18.30-19.00	Aqua Jog 18.45-19.30	Yoga 18.45-20.15	Hips, Bums & Tums 19.15-20.00	
Thursday	Aqua Aerobics 09.15-10.00	Zumba 09.30-10.15	50+ Aerobics 10.30-11.30	Yoga 11.45-12.30	LES MILLS BODYCOMBAT 17.15-18.00	Studio Cycle 17.30-18.15	LES MILLS BODYPUMP 18.15-19.00	Studio Cycle 18.30-19.30	Shotokan Karate 19.15-20.30					
Friday	LES MILLS GRIT 06.30-07.00	Aqua Circuits 09.15-10.00	LES MILLS BODYPUMP 09.30-10.30	Studio Cycle 09.30-10.15	Hatha Yoga 10.45-12.15	Studio Cycle 17.00-17.45	LES MILLS BODYATTACK 17.00-17.45	Zumba 18.00-18.45	Studio Cycle 18.00-18.45	Booty Tone 19.00-19.45				
Saturday	LES MILLS GRIT 08.15-08.45	LES MILLS BODYPUMP 09.00-09.45	LES MILLS CXWORX 10.00-10.30	Shotokan Karate 10.45-12.00	Studio Cycle 11.00-11.45									
Sunday	Studio Cycle 10.00-11.00	Fitness Yoga 11.15-12.15	Studio Cycle 18.00-19.00											

- Cardio
- Dance
- Mind & Body
- Strength
- Strength & Cardio
- Aqua Based

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.