

SpArC Bishops Castle Leisure Centre Fitness Classes

Monday

5:00 pm Fitness Pilates with Lucy	6:15 pm Full Body Tone with Lucy	7:30 pm Studio Cycling with Lucy
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Tuesday

8:00 am Fitness Pilates with Lucy	9:15 am Aerobics & Tone with Lucy	10:30 am Fitness Pilates with Lucy	6:00 pm Studio Cycling with Lucy	7:15 pm Fitness Pilates with Lucy
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Wednesday

6:15 pm Body Shock with Lucy	7:30 pm Fitness Pilates with Lucy
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Thursday

6:00 pm Studio Cycling with Emma	7:15 pm Muscular Strength with Emma
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Friday

8:00 am Fitness Pilates with Lucy	9:15 am Cardio & Swiss Ball Blast with Lucy	10:30 am Fitness Pilates with Lucy
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- **No Walk-Ins Permitted**
- **Pre-Bookings Only (this can be done over the phone and online coming very soon for members)**
- **Strict Start and Finish times for classes to allow for extra cleaning**
- **Sanitiser Stations located throughout the centre**
- **Reduced Class sizes**
- **Seperate Entry and Exit points**

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