

Opening Times

Monday	6:30am – 10pm
Tuesday	6:30am – 10pm
Wednesday	6:30am – 10pm
Thursday	6:30am – 10pm
Friday	6:30am – 10pm
Saturday	7am – 7pm
Sunday	8am – 8pm

Junior Gym Sessions

Monday	2:30pm – 4:30pm
Tuesday	2:30pm – 4:30pm
Wednesday	2:30pm – 4:30pm
Thursday	2:30pm – 4:30pm
Friday	2:30pm – 4:30pm
Saturday	3pm – 4pm
Sunday	4pm – 5pm

For more information about Your Space timetables please call 01226 744063, ask at reception or visit...

 yourspacehoyland.com

 [Your Space Hoyland](#)

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 [@yourspacegyms](#)

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

Your Space Hoyland, West Street, Hoyland, Barnsley, S74 9EH

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your space

Hoyland Leisure Centre



your class timetable

Monday	LES MILLS BODYATTACK 09.15-10.15 Studio 1	Pilates 12.30-13.30 Studio 1	20/20/20 17.30-18.30 Studio 1	Circuits 17.45-18.45 Sports Hall	Zumba 18.00-18.45 Studio 2	Studio Cycle 18.00-18.45 Cycling Studio	LES MILLS BODYPUMP 18.30-19.15 Studio 1	Boxercise 19.00-20.00 Studio 2	Aquacise 19.30-20.15 Pool			
Tuesday	Metafit 07.00-07.30 Studio 1	Step 09.15-10.15 Studio 1	Aquacise 10.00-11.00 Pool	Yoga 16.55-17.55 Studio 2	LES MILLS BODYPUMP 17.00-17.45 Studio 1	Studio Cycle 17.15-17.45 Cycling Studio	Kettlebells 18.00-18.45 Studio 2	Studio Cycle 18.00-18.45 Cycling Studio	LES MILLS BODYATTACK 17.55-18.40 Studio 1	Metafit 18.40-19.10 Studio 1	Fitball 18.50-19.35 Studio 2	LES MILLS CORE 19.15-19.45 Studio 1
Wednesday	Studio Cycle 09.15-10.15 Cycling Studio	LES MILLS BODYATTACK 10.25-10.55 Studio 1	Yoga 12.30-13.30 Studio 1	Aquacise 15.00-16.00 Pool	LES MILLS BODYPUMP 17.15-18.00 Studio 1	Dance Aerobics 18.05-19.05 Studio 1	Studio Cycle 18.05-18.50 Cycling Studio	Yoga 18.15-19.15 Studio 2	Kettlebells 19.30-20.30 Studio 2	Aquacise 19.30-20.30 Pool		
Thursday	LES MILLS BODYPUMP 09.15-10.15 Studio 1	Nifty 50's+ 11.00-12.00 Studio 1	LES MILLS BODYPUMP 17.15-18.00 Studio 1	Legs, Bums & Tums 18.00-18.45 Studio 2	LES MILLS BODYATTACK 18.05-18.50 Studio 1	Studio Cycle 18:50-19.35 Cycling Studio	Metafit 18.50-19.20 Studio 1	Dance Aerobics 18.50-19.35 Studio 2	LES MILLS CORE 19.25-19.55 Studio 1	Fitness Pilates 19.35-20.35 Studio 2		
Friday	Studio Cycle 09.15-09.45 Cycling Studio	LES MILLS CORE 09.50-10.20 Studio 1	Pilates 10.30-11.30 Studio 1	Aquacise 14.30-15.30 Pool	Fitness Pilates 17.30-18.30 Studio 2	Legs, Bums & Tums 17.45-18.30 Studio 1	Dance Aerobics 18.30-19.15 Studio 1					
Saturday	Metafit 08.00-08.30 Studio 1	LES MILLS BODYPUMP 09.00-10.00 Studio 1	LES MILLS CORE 10.05-10.35 Studio 1	Boxercise 10.30-11.30 Studio 2	LES MILLS BODYATTACK 10.45-11.30 Studio 1	Zumba 11.40-12.25 Studio 1	Fitness Pilates 12.30-13.15 Studio 1					
Sunday	Studio Cycle 10.00-10.45 Cycling Studio	Pilates 11.00-12.00 Studio 1	LES MILLS BODYATTACK 16.10-16.55 Studio 1	LES MILLS BODYPUMP 17.00-18.00 Studio 1								

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

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 744063. 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 7 to participate in this class.