

Opening Times

Monday	6:30am – 9:30pm
Tuesday	7:00am – 9:30pm
Wednesday	6:30am – 9:30pm
Thursday	7:00am – 9:30pm
Friday	6:30am – 9:30pm
Saturday	8:00am – 3:30pm
Sunday	8:00am – 3:30pm

Junior Gym Sessions

Tuesday	4pm – 5pm
Tuesday	5pm – 6pm
Thursday	4pm – 5pm
Thursday	5pm – 6pm
Saturday	11am – 12pm
Sunday	10am – 11am
Sunday	11am – 12pm

For more information about Your Space timetables please call 01226 722991, ask at reception or visit...

 yourspaceroyston.com

 Your Space Royston

 [yourspaceroyston](https://www.instagram.com/yourspaceroyston)

 [@yourspacegyms](https://twitter.com/yourspacegyms)

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

Your Space Royston, Station Road, Royston, Barnsley, S71 4EP

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

your space
Royston Leisure Centre



your class timetable

Monday	Kettlebells 10.30-11.15	Aqua Aerobics 12.00-13.00	Boot Camp 18.00-18.45	Studio Cycle 18.45-19.30 ☺	Zumba 19.00-20.00 ☺	Aqua Aerobics 19.30-20.30
Tuesday	Pilates 11.00-11.45	Studio Cycle 11.50-12.35	Circuits 18.00-19.00	Studio Cycle 19.15-20.00		
Wednesday	HIIT 09.30-10.00	Studio Cycle 10.15-10.45	Tone 18.00-18.45	Physical Yoga 19.00-20.00 ☺	Aqua Aerobics 19.30-20.15	
Thursday	Body Tone 09.30-10.30	Step 11.00-11.45	Metafit 12.00-12.30	Circuits 18.00-19.00	Pilates 19.15-20.15	
Friday	Kettlecise 09.15-10.00	Stretch and Tone 10.00-11.00	Studio Cycle 18.00-18.45 ☺			
Saturday	Studio Cycle 09.30-10.15					

- 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 722991. 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.