

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

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

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

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your space

Metrodome Leisure Complex



your class timetable

Monday	Metafit 06.30-07.00	Aqua Aerobics 09.15-10.00	202020 09.30-10.30	Studio Cycle 09.30-10.30	Your Pop Up Class Omnia 10.00-10.30	202020 50+ 10.30-11.30	LES MILLS BODYATTACK 17.00-17.45	Your Pop Up Class Omnia 17.30-18.15	Step 17.45-18.45	Studio Cycle 17.45-18.45	Yogalates 18.00-19.00	Aqua Aerobics 18.30-19.30	Booty Tone 19.00-20.00	Pilates 19.00-20.00	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	Your Pop Up Class Omnia 17.30-18.15	Your Pop Up Class HIIT 18.00-18.30	Shotokan Karate 18.00-19.00	HIIT Circuit 18.00-18.30	Studio Cycle 18.15-19.00	Circuits 18.45-19.45	Shotokan Karate 19.00-20.30	Aqua Zumba 19.00-20.00	LES MILLS CORE 19.45-20.15	Studio Cycle 20.15-21.15
Wednesday	LES MILLS BODYPUMP 06.45-07.45	Aqua Jog 09.15-10.15	202020 09.30-10.30	Studio Cycle 09.30-10.30	Fitness Pilates 10.30-11.30	LES MILLS BODYPUMP 17.00-17.45	Your Pop Up Class Omnia 17.30-18.15	LES MILLS CORE 17.50-18.20	Studio Cycle 18.10-18.55	Metafit 18.25-18.55	Aqua Jog 18.45-19.30	Yoga 18.45-20.15	Hips, Burns & Tums 19.00-20.00		
Thursday	Aqua Aerobics 09.15-10.00	Zumba 09.30-10.30	50+ Aerobics 10.30-11.30	Yoga 11.45-12.45	LES MILLS BODYCOMBAT 17.15-18.00	Studio Cycle 17.30-18.30	LES MILLS BODYPUMP 18.00-19.00	Studio Cycle 18.30-19.30	Your Pop Up Class Omnia 18.00-18.30	Your Pop Up Class HIIT 18.00-18.30	Shotokan Karate 19.00-20.30				
Friday	Metafit 06.30-07.00	Aqua Circuits 09.15-10.00	LES MILLS BODYPUMP 09.30-10.30	Hatha Yoga 10.45-12.15	Studio Cycle 17.00-17.45	LES MILLS BODYATTACK 17.00-17.45	Zumba 17.45-18.45	Studio Cycle 18.00-18.45	Booty Tone 18.45-19.45						
Saturday	Metafit 08.15-08.45	LES MILLS BODYPUMP 09.00-09.45	LES MILLS CORE 09.50-10.20	Shotokan Karate 10.30-12.00											
Sunday	Studio Cycle 10.00-11.00	Fitness Yoga 16.45-17.45	Studio Cycle 18.00-19.00												

- Cardio
- Dance
- Mind & Body
- Strength
- Strength & Cardio
- Pop Up Class
- 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.