

Opening Times

Monday	6:30am – 10pm
Tuesday	7:00am – 10pm
Wednesday	6:30am – 10pm
Thursday	7:00am – 9pm
Friday	6:30am – 9pm
Saturday	8:00am – 4pm
Sunday	8:00am – 4pm

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	Kettlebells 11.00-12.00	Studio Cycle 12.00-13.00	Boxercise 18.00-19.00	Studio Cycle 19.15-20.00		
Wednesday	Metafit 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 11.00-12.00	Metafit 12.00-12.30	Boxercise 18.00-19.00	Pilates 19.15-20.15	
Friday	Kettlebells 09.15-10.00	Pilates 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.