

Fitness Classes

The Venue

Accurate as of 17/05/2025

Times for Wednesday 22 November



Time	Session	Facility
07:00 - 07:45	Stages Cycle Virtual	Indoor Cycling Studio
09:30 - 10:15	Indoor Cycling	Indoor Cycling Studio
09:45 - 10:45	Body Conditioning	Studio 1
11:00 - 11:55	Careful Conditioning	Studio 1
15:00 - 15:45	Aqua Aerobics	Indoor Pool (25.0m)
18:25 - 19:25	Yoga	Studio 1
18:30 - 19:15	Stages Cycle	Indoor Cycling Studio
19:10 - 19:55	Aqua Aerobics	Indoor Pool (25.0m)
19:30 - 20:30	Les Mills BODYPUMP™	Studio 1