

# Fitness Classes

## The Venue

Accurate as of 17/04/2024

### Times for Thursday 23 November



Time	Session	Facility
09:30 - 10:15	Stages Cycle	Indoor Cycling Studio
11:15 - 12:05	Stretch & Tone	Studio 1
12:15 - 13:00	Indoor Cycling	Indoor Cycling Studio
15:00 - 16:00	Tai Chi (Gen Plus)	Studio 1
17:45 - 18:15	HIIT	Studio 1
18:15 - 19:00	Kettlebells	Studio 1
18:20 - 19:05	Stages Cycle	Indoor Cycling Studio
18:45 - 19:30	Aqua Aerobics	Indoor Pool (25.0m)
19:30 - 20:30	Deep Water Aqua Aerobics	Indoor Pool (25.0m)