

# Fitness Classes

## The Venue

Accurate as of 06/05/2024

### Times for Friday 24 November



Time	Session	Facility
09:20 - 10:20	Pilates	Studio 1
10:30 - 11:30	Yoga	Studio 1
12:05 - 12:50	Aqua Aerobics	Teaching Pool (12.5m)