


Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Wednesday 21 February			
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	