


Fitness Classes

The Venue

Accurate as of 03/05/2024

Times for Tuesday 26 June			
Time	Session	Facility	
10:30 - 11:30	Yoga	Studio 1	
14:30 - 15:30	Zumba Gold® (Gen Plus)	Studio 1	
15:00 - 15:45	Aqua Aerobics	Indoor Pool (25.0m)	
18:30 - 19:15	Indoor Cycling	Indoor Cycling Studio	
19:30 - 20:30	Yoga	Studio 1	