

Fitness Classes

The Venue

Accurate as of 23/04/2024

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 |