

Fitness Classes

The Venue

Accurate as of 26/04/2024

Times for Monday 24 September



Time	Session	Facility
09:15 - 10:00	Total Body Workout	Studio 1
10:10 - 11:00	Stages Cycle	Indoor Cycling Studio
10:15 - 11:15	Body Conditioning	Studio 1
12:00 - 12:45	Aqua Aerobics	Teaching Pool (12.5m)
12:45 - 13:45	Pilates	Studio 1
18:15 - 19:00	Stages Cycle	Indoor Cycling Studio
18:45 - 19:45	Pilates	Studio 1
19:30 - 20:30	Deep Water Aqua Aerobics	Teaching Pool (12.5m)