## **Fitness Classes**

## The Venue

## Accurate as of 30/04/2024

| Times for Tuesday 25 September |                        |                       |
|--------------------------------|------------------------|-----------------------|
| 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              |