Fitness Classes

The Venue

Accurate as of 12/10/2024

Times for Tuesday 25 December

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