

Fitness Classes

The Venue

Accurate as of 03/05/2024

Times for Friday 28 December



| Time | Session | Facility |
|---------------|---------------|-----------------------|
| 09:20 - 10:20 | Pilates | Studio 1 |
| 10:30 - 11:30 | Yoga | Studio 1 |
| 12:05 - 12:50 | Aqua Aerobics | Teaching Pool (12.5m) |