

Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Tuesday 23 April



Time	Session	Facility
07:00 - 07:45	Indoor Cycling	Indoor Cycling Studio
09:15 - 10:00	Kettlebells	Studio 1
10:00 - 10:45	Stages Cycle	Indoor Cycling Studio
10:30 - 11:30	Yoga	Studio 1
12:00 - 13:00	Pilates	Studio 1
12:30 - 13:15	Stages Cycle Virtual	Indoor Cycling Studio
14:30 - 15:30	Zumba Gold® (Gen Plus)	Studio 1
15:00 - 15:45	Aqua Aerobics	Indoor Pool (25.0m)
17:30 - 18:15	Circuits	Studio 1
18:30 - 19:15	Indoor Cycling	Indoor Cycling Studio
18:30 - 19:15	Legs, Bums & Tums	Studio 1
19:15 - 20:15	Deep Water Aqua	Teaching Pool (12.5m)
19:30 - 20:30	Aqua Zumba®	Teaching Pool (12.5m)
19:30 - 20:30	Pilates	Studio 1