

Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Wednesday 24 April



| Time | Session | Facility |
|---------------|----------------------|-----------------------|
| 07:00 - 07:45 | Stages Cycle Virtual | Indoor Cycling Studio |
| 09:00 - 09:30 | Les Mills GRIT™ | Studio 1 |
| 09:30 - 10:15 | Indoor Cycling | Indoor Cycling Studio |
| 09:45 - 10:45 | Body Conditioning | Studio 1 |
| 11:00 - 11:55 | Careful Conditioning | Studio 1 |
| 15:00 - 15:45 | Aqua Aerobics | Indoor Pool (25.0m) |
| 17:30 - 18:20 | Les Mills GRIT™ | Studio 1 |
| 18:25 - 19:25 | Yoga | Studio 1 |
| 18:30 - 19:15 | Stages Cycle | Indoor Cycling Studio |
| 19:00 - 20:00 | Zumba® | Studio 2 |
| 19:10 - 19:55 | Aqua Aerobics | Indoor Pool (25.0m) |
| 19:30 - 20:30 | Les Mills BODYPUMP™ | Studio 1 |