

# Fitness Classes

## The Venue

Accurate as of 27/04/2024

### Times for Friday 26 April



Time	Session	Facility
07:00 - 07:45	Stages Cycle	Indoor Cycling Studio
09:20 - 10:20	Pilates	Studio 1
09:30 - 10:15	Indoor Cycling	Indoor Cycling Studio
10:30 - 11:30	Yoga	Studio 1
12:05 - 12:50	Aqua Aerobics	Teaching Pool (12.5m)
12:30 - 13:15	Stages Cycle Virtual	Indoor Cycling Studio
17:30 - 18:15	Legs, Bums & Tums	Studio 2
18:15 - 19:15	Latino Dance	Studio 2
18:15 - 19:15	Barre	Studio 1
19:15 - 20:15	Pilates	Studio 1