


Fitness Classes

The Venue

Accurate as of 07/05/2024

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	