

Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Sunday 28 April			
Time	Session	Facility	
08:30 - 09:15	Indoor Cycling	Indoor Cycling Studio	
09:30 - 10:15	Indoor Cycling	Indoor Cycling Studio	
09:30 - 10:30	Les Mills BODYPUMP™	Studio 1	
10:45 - 11:45	Pilates	Studio 1	
12:00 - 13:00	Yoga	Studio 1	