

Fitness Classes

The Venue

Accurate as of 07/05/2024

Times for Thursday 2 May



Time	Session	Facility
06:45 - 07:30	Circuits	Studio 1
09:10 - 09:55	Legs, Bums & Tums	Studio 1
09:30 - 10:15	Stages Cycle	Indoor Cycling Studio
10:00 - 11:05	Yoga	Studio 1
12:15 - 13:00	Stages Cycle Virtual	Indoor Cycling Studio
15:00 - 16:00	Tai Chi (Gen Plus)	Studio 1
17:45 - 18:15	HIIT	Studio 1
18:15 - 19:00	Kettlebells	Studio 1
18:20 - 19:05	Stages Cycle	Indoor Cycling Studio
18:45 - 19:30	Aqua Aerobics	Indoor Pool (25.0m)
19:30 - 20:30	Deep Water Aqua Aerobics	Indoor Pool (25.0m)
19:30 - 20:30	Pilates	Studio 1