

# Fitness Classes

## The Venue

Accurate as of 20/05/2024

### Times for Friday 3 May



| Time          | Session              | Facility              |
|---------------|----------------------|-----------------------|
| 07:00 - 07:45 | Stages Cycle         | Indoor Cycling Studio |
| 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              |