

Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Saturday 4 May



Time	Session	Facility
08:30 - 09:15	Stages Cycle	Indoor Cycling Studio
08:40 - 09:25	Legs, Bums & Tums	Studio 1
09:30 - 10:15	Stages Cycle	Indoor Cycling Studio
09:35 - 10:30	Les Mills BODYCOMBAT™	Studio 1
10:35 - 11:35	Les Mills BODYPUMP™	Studio 1
11:45 - 12:45	Yoga	Studio 1
12:40 - 13:25	Stages Cycle Virtual	Indoor Cycling Studio