

Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Sunday 5 May



Time	Session	Facility
08:30 - 09:15	Indoor Cycling	Indoor Cycling Studio
09:30 - 10:15	Indoor Cycling	Indoor Cycling Studio
09:30 - 10:15	Stages Cycle Virtual	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