Exercise Classes

Bath Sports & Leisure Centre

Accurate as of 24/04/2024

Times for Friday 1 August

Time	Session	Facility	Instructor	Level
9:30 am - 10:25 am	Burn & Firm	Studio 1	Linda	Any
9:30 am - 10:25 am	Zumba®	Studio 2	Jess	Any
10:30 am - 11:25 am	Keep Fit	Studio 1	Laura	Any
10:30 am - 11:55 am	Yoga - Integral	Studio 2	Louise	Any
11:15 am - 11:55 am	Aqua Zumba®	Main Pool (25m)	Jess	Any
1:15 pm - 1:50 pm	Group Cycle	Studio 1	Emma	Any
5:30 pm - 6:25 pm	Burn & Firm	Studio 2	Laura	Any
5:45 pm - 6:25 pm	Zumba®	Studio 2	Jess	Any
6:30 pm - 7:15 pm	Functional Fitness	Upper Sports Hall	Jake	Any
6:30 pm - 7:25 pm	Kick Aerobics	Pavilion	Laura	Any
6:30 pm - 7:25 pm	Zumba®	Studio 2		Any
6:30 pm - 7:30 pm	Kettlebell	Studio 1	TBC	Any