

# Fitness Classes

## Rugeley Leisure Centre

Accurate as of 19/01/2019

### Times for Saturday 12 January



Time	Session
08:45 - 09:15	Kettle Bells
09:20 - 09:50	Kettle Bells
10:00 - 11:00	X Bikes
11:00 - 12:00	Insanity