

Fitness Classes

Rugeley Leisure Centre

Accurate as of 20/04/2019

Times for Thursday 17 January



Time	Session
07:05 - 07:35	X Bikes
09:10 - 09:55	Bodytone
10:00 - 10:45	Low Intensity Body Conditioning
10:50 - 11:50	Stretch and Tone
12:00 - 12:45	Aqua Aerobics
17:15 - 18:00	SH'BAM
18:00 - 18:55	Bodytone
18:05 - 18:50	X Bikes
19:00 - 20:00	Insanity