Fitness Class Timetable Courtown Adventure & Leisure Centre

Accurate as of 05/05/2024

| Times for Tuesday 24 July | | | |
|---------------------------|-------------------|----------|------------|
| Time | Session | Facility | Instructor |
| 10:00 - 10:45 | Body Conditioning | Studio | Instructor |
| 19:00 - 19:45 | Indoor Cycling | Studio | Instructor |