

Danes Camp Studio Timetable

Danes Camp Leisure Centre

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Instructor
06:30 - 07:15	Body Combat	Dance Studio	Poppy
10:30 - 11:15	Aqua Aerobics 14+	Leisure Pool (25.0m)	Debra
10:30 - 11:15	Body Combat	Dance Studio	Poppy
11:15 - 12:00	Aqua Aerobics 14+	Leisure Pool (25.0m)	Debra
11:15 - 12:00	Body Pump	Dance Studio	Poppy
19:00 - 19:30	GRIT	Dance Studio	Lindsey
19:30 - 20:30	Boxercise 14+	Dance Studio	Lindsey
20:15 - 21:00	Aqua 14+	Leisure Pool (25.0m)	Marzena