

Danes Camp Studio Timetable

Danes Camp Leisure Centre

Accurate as of 25/04/2024

Times for Thursday 25 April



Time	Session	Facility	Instructor
06:30 - 07:15	Body Combat	Dance Studio	Keri
09:30 - 10:30	Body Pump	Dance Studio	Ashli
10:30 - 11:15	50+ Healthy Hearts	Dance Studio	Ashli
17:30 - 18:30	Pilates 14+	Dance Studio	Wendy
18:30 - 19:30	Free Style Pump	Dance Studio	Jess
19:00 - 19:45	Spin 14+	Spin Room	Chris P
19:55 - 20:25	GRIT	Dance Studio	Chris P
20:15 - 21:00	Aqua 14+	Leisure Pool (25.0m)	Marzena