

Danes Camp Studio Timetable

Danes Camp Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 30 April



Time	Session	Facility	Instructor
09:15 - 10:15	Body Combat	Dance Studio	Poppy
10:15 - 11:15	Body Pump	Dance Studio	Poppy
10:45 - 11:25	Aqua Aerobics 14+	Leisure Pool (25.0m)	Maria
11:30 - 12:10	Aqua Aerobics 14+	Leisure Pool (25.0m)	Maria
17:15 - 18:00	Soul Strength 14+	Dance Studio	Paula
17:15 - 18:00	Body Conditioning 14+	Dance Studio	Mark
18:00 - 18:30	GRIT	Dance Studio	Tak
18:45 - 19:30	P90X / Transform	Dance Studio	Tak
20:00 - 20:45	Spin 14+	Spin Tunnel	Marzena